

# Brass City Charter School

## PROVIDING FRESH, HEALTHY MEALS DAILY

### SEPTEMBER CYCLE LUNCH MENU FOR SY 2018-19

**DAILY:** FRESH VEGETABLE TRAY OFFERED; CHOICE OF SKIM FLAVORED MILK OR 1% LOW FAT WHITE MILK; ALTERNATE MEAL SELECTION;

**TASTIER TUESDAYS** – NEW ITEMS OFFERED FOR TASTING EACH TUESDAY

<b>LABOR DAY</b>	4 <b>WELCOME BACK!</b>	5 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT	6 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT	7 <b>NOON DISMISSAL</b>
10 W/G SPAGHETTI W/ MEAT SAUCE TOMATO SAUCE*BROCCOLI W/G BREAD FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT TASTING ITEM	11 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT TASTING ITEM	12 ROASTED CHICKEN BROWN RICE & BEANS * W/G BREAD FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR	13 MEATBALL GRINDER W/ MARINARA SAUCE GREEN BEANS FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT	14 <b>NOON DISMISSAL</b>
17 ASIAN ORANGE CHICKEN OVER BROWN RICE FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT TASTING ITEM	18 GRILLED CHEESE ON W/G BREAD TOMATO SOUP*BROCCOLI FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT TASTING ITEM	19 CAESAR CHICKEN & ROMAINE SALAD WRAP CARROTS* FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT	20 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT	21 <b>NOON DISMISSAL</b>
24 HOT TURKEY AND GRAVY BROWN RICE/BEANS FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT	25 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT TASTING ITEM	26 HOT CHICKEN CHEESE W/G WRAP CORN FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT	27 W/G BREADED FISH BROWN RICE*W/G BREAD CAULIFLOWER FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT	28 <b>NOON DISMISSAL</b>

STUDENT SCHOOL LUNCH CONSISTS OF 5 COMPONENTS: MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK. STUDENTS CHOOSE AT LEAST 3 INCLUDING ½ CUP FRUIT OR VEGETABLE AND AT LEAST 2 OTHER COMPONENTS. FOR BEST NUTRITION WE ENCOURAGE CHOOSING ALL 5! EQUAL OPPORTUNITY PROVIDER. MENU IS SUBJECT TO CHANGE. W/G=WHOLE GRAIN FOOD ITEM; MILK CHOICES= 1% WHITE MILK OR FLAVORED SKIM (FAT FREE) MILK.