

# Brass City Charter School

## PROVIDING FRESH, HEALTHY MEALS DAILY

### SEPTEMBER CYCLE LUNCH MENU FOR SY 2023-2024

<b>DAILY OFFERINGS:</b> <b>**HOT VEGETABLE**FRESH VEGETABLE CHOICE**</b> <b>**FRUIT ASSORTMENT**CHOICE OF FAT FREE FLAVORED MILK OR 1% LOW FAT WHITE MILK**</b> <b>**DAILY ALTERNATE MEAL SELECTION **</b> <b>**YOGURT GRANOLA FRUIT ENTRÉE**HUMMUS WG CRACKERS VEGETABLE ENTRÉE**</b> <b>**CHEESE SANDWICH ON WG ROLL**SOY BUTTER SANDWICH ON WG ROLL** TURKEY CHEESE ON WG ROLL**VEGGIE PATTY ON WG ROLL**</b>				
<b>28</b> <b>CHEESEBURGER</b> <b>ON W/G ROLL</b> <b>POTATO WEDGES KETCHUP</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>29</b> <b>BBQ GRILLED CHICKEN</b> <b>ON WG ROLL</b> <b>BROCCOLI</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>30</b> <b>BROWN RICE</b> <b>BEANS</b> <b>CHICKEN CHEESE ON WG WRAP</b> <b>FRESH FRUIT &amp; VEGETABLE BAR</b> <b>MILK</b>	<b>31</b> <b>POP CORN CHICKEN</b> <b>MASHED POTATO</b> <b>CORN</b> <b>FRESH FRUIT &amp; VEGETABLE BAR</b> <b>MILK</b>	<b>1</b> <b>WG PIZZA BITES</b> <b>TOMATO DIPPING SAUCE</b> <b>FRESH FRUIT &amp; VEGETABLE BAR</b> <b>MILK</b>
<b>4</b> <b>LABOR</b> <b>DAY</b>	<b>5</b> <b>GRILLED CHEESE ON WG ROLL</b> <b>POTATO WEDGES</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>6</b> <b>BAKED WG ZITI</b> <b>MEATBALLS</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>7</b> <b>CHICKEN CAESAR SALAD</b> <b>WG CROUTONS</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>8</b> <b>TURKEY CHEESE</b> <b>ON WG ROLL</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>
<b>11</b> <b>W/G FRENCH TOAST</b> <b>TURKEY SAUSAGE PATTY</b> <b>CORN</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>12</b> <b>SLOPPY JOE ON WG ROLL</b> <b>GREEN BEANS</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>13</b> <b>POP CORN CHICKEN</b> <b>MASHED POTATO</b> <b>FRESH FRUIT &amp; VEGETABLE BAR</b> <b>MILK</b>	<b>14</b> <b>BBQ GRILLED CHICKEN</b> <b>ON WG ROLL</b> <b>BROCCOLI</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>15</b> <b>WG PIZZA BITES</b> <b>TOMATO DIPPING SAUCE</b> <b>FRESH FRUIT &amp; VEGETABLE BAR</b> <b>MILK</b>
<b>18</b> <b>CHEESEBURGER</b> <b>ON W/G ROLL</b> <b>POTATO WEDGES KETCHUP</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>19</b> <b>TURKEY CHILLI</b> <b>WG CHIPS</b> <b>BEANS</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>20</b> <b>CHICKEN CAESAR SALAD</b> <b>WG CROUTONS</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>21</b> <b>BROWN RICE</b> <b>BEANS</b> <b>CHICKEN CHEESE ON WG WRAP</b> <b>FRESH FRUIT &amp; VEGETABLE BAR</b> <b>MILK</b>	<b>22</b> <b>TURKEY CHEESE</b> <b>ON WG ROLL</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>
<b>25</b> <b>BAKED WG ZITI</b> <b>MEATBALLS</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>26</b> <b>TURKEY CHEESE</b> <b>ON WG ROLL</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>27</b> <b>SLOPPY JOE ON WG ROLL</b> <b>GREEN BEANS</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>28</b> <b>W/G FRENCH TOAST</b> <b>TURKEY SAUSAGE PATTY</b> <b>CORN</b> <b>FRESH FRUIT &amp; VEGETABLE CHOICE</b> <b>MILK</b>	<b>29</b> <b>WG PIZZA BITES</b> <b>TOMATO DIPPING SAUCE</b> <b>FRESH FRUIT &amp; VEGETABLE BAR</b> <b>MILK</b>

STUDENT SCHOOL LUNCH CONSISTS OF 5 MEAL COMPONENTS: MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK. STUDENTS CHOOSE A MINIMUM OF 3: INCLUDING 1/2 CUP FRUIT OR 3/4CUP VEGETABLE AND IN ADDITION AT LEAST 2 MORE DIFFERENT COMPONENTS. FOR BEST NUTRITION WE ENCOURAGE CHOOSING ALL 5! SPECIAL DIET ACCOMODATIONS. BRASS CITY CHARTER SCHOOL IS AN EQUAL OPPORTUNITY PROVIDER. MENU IS SUBJECT TO CHANGE. W/G=WHOLE GRAIN FOOD ITEM; MILK CHOICES= 1% WHITE MILK OR FLAVORED FAT FREE MILK.