

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

CYCLE LUNCH MENU FOR SY 2017-18

DAILY: FRESH VEGETABLE TRAY OFFERED; CHOICE OF SKIM FLAVORED MILK OR 1% LOW FAT WHITE MILK; **WEEKLY:** ALTERNATE MEAL SELECTION; **TASTIER TUESDAYS**
– NEW ITEMS OFFERED FOR TASTING EACH TUESDAY

		30 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT	31 ROASTED CHICKEN BROWN RICE * W/G BREAD CARROTS* PEAS FRESH FRUIT ASSORTMENT TASTING ITEM	1 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE SQUASH*BRUSSEL SPROUTS FRESH FRUIT ASSORTMENT
4 LABOR DAY	5 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT TASTING ITEM	6 HOT CHICKEN CHEESE W/G WRAP BROWN RICE/BEANS FRESH FRUIT ASSORTMENT	7 CHICKEN TIKKA MASALA CAULIFLOWER*CORN FRESH FRUIT ASSORTMENT	8 NOON DISMISSAL
11 GRILLED CHEESE ON W/G BREAD TOMATO SOUP*BROCCOLI FRESH FRUIT ASSORTMENT	12 ASIAN ORANGE CHICKEN OVER BROWN RICE EDAMAME FRESH FRUIT ASSORTMENT TASTING ITEM	13 CAESAR CHICKEN & ROMAINE SALAD WRAP W/ SHREDDED CHEESE CARROTS*BUTTERNUT SQUASH FRESH FRUIT ASSORTMENT	14 W/G PANCAKES WARM CINNAMON APPLESAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT	15 MEATBALL GRINDER W/ MARINARA SAUCE GREEN BEANS FRESH FRUIT ASSORTMENT
18 PASTA WITH CHICKPEAS AND GRILLED CHICKEN GREEN BEANS*BROCCOLI FRESH FRUIT ASSORTMENT	19 CHICKEN TENDERS IN A WRAP W/ BROWN RICE & BEANS FRESH FRUIT ASSORTMENT TASTING ITEM	20 EGG-SPORE YOUR LUNCH TODAY EGG AND CHEESE QUESADILLA FRESH SALSA*REFRIED BEANS LIGHT SOUR CREAM FRESH FRUIT ASSORTMENT	21 W/G BREADED FISH BROWN RICE*W/G BREAD CAULIFLOWER*THREE BEAN SALAD FRESH FRUIT ASSORTMENT	22 NOON DISMISSAL
25 GRILLED CHICKEN BREAST ON WG ROLL ROMAINE AND TOMATO SLICE ROASTED SWEET POTATO CUBES FRESH FRUIT ASSORTMENT	26 W/G SPAGHETTI W/ MEAT SAUCE TOMATO SAUCE*BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT TASTING ITEM	27 HOT TURKEY AND GRAVY BROWN RICE/BEANS GREEN BEANS FRESH FRUIT ASSORTMENT	28 FISH TACO ON WG SOFT TORTILLA SHREDDED SLAW * REFRIED BEAN DIP WITH SCOOPS FRESH FRUIT ASSORTMENT	29 CALZONE WITH CHEESE AND MARINARA SAUCE ZUCCHINI SAUTE FRESH FRUIT ASSORTMENT

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.

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ALTERNATE ENTREE: ALL ALTERNATES ARE SERVED WITH THE SAME FRUITS AND VEGETABLES AND MILK CHOICES AS THE PLANNED MENU

WEEK 1	W/G BAGEL WITH CHOICE OF CHEESE STICKS OR SOYNUIT BUTTER
WEEK 2	TURKEY AND CHEESE SANDWICH ON W/G BREAD AND LETTUCE & TOMATO SLICE
WEEK 3	VEGETABLE SALAD BOWL WITH HUMMUS AND GRILLED CHICKEN OR HARD COOKED EGG AND DRAINED WHITE BEANS WITH W/G ROLL
WEEK 4	YOGURT AND CEREAL PARFAIT WITH CHEESE STICK AND GRAHAM CRACKERS

INCLUDED IN THE COLD VEGETABLE TRAY DAILY: 1/2 CUP FRESH, CRISP RAW VEGGIE FROM EACH GROUP WILL BE AVAILABLE FOR SELECTION

RED/ORANGE –	CHERRY TOMATOES OR RED PEPPERS OR CARROT STICKS
DARK GREEN –	BROCCOLI FLORETS OR ROMAINE GREEN SALAD BOWL OR BAKED KALE CHIPS
LEGUMES –	HUMMUS (1/4 CUP), EDAMAME, ROASTED CHICKPEAS
STARCHY –	CHILLED PEAS, CORN NIBLETS, POTATO SALAD
OTHER -	CUCUMBER SLICES, CELERY STICKS, CAULIFLOWER BUDS

ONCE A WEEK DRESSING WILL BE OFFERED AS A DIP FOR THE VEGGIES

TASTING ITEMS COULD BE – NEW MUFFIN OR BISCUIT BEING INTRODUCED ON BREAKFAST MENU

FRESH LOCAL FRUIT OR VEGETABLE OF THE SEASON

NEW GRAIN BEING INTRODUCED ON MENU THAT WEEK

NEW WAY TO MAKE A FAMILIAR VEGGIE (ROASTED INSTEAD OF STEAMED OR RAW INSTEAD OF COOKED)

NEW TOPPINGS FOR BREAKFAST FRENCH TOAST OR PANCAKES

ANY NEW RECIPE

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