

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

MAY CYCLE LUNCH MENU FOR SY 2020-2021

DAILY: HOT VEGETABLE AND FRESH FRUIT ASSORTMENT; CHOICE OF SKIM, FLAVORED MILK OR 1% LOW FAT WHITE MILK; DAILY ALTERNATE MEAL SELECTION

3 VEGGIE BURGUER ON WG ROLL FRESH CARROTS & CELLERY STICKS DRESSINGS FRESH FRUIT ASSORTMENT MILK	4 CHICKEN CAESAR WG WRAP NON FAT DRESSINGS FRUIT CUPS MILK	5 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP KETCHUP FRUIT CUPS	6 W/G SPAGHETTI MEAT BALLS TOMATO SAUCE W/G BREAD FRUIT CUPS MILK	7 TURKEY CHEESE ON WG ROLL BAKED BEANS FRESH FRUIT ASSORTMENT MILK
10 VEGGIE BURGUER ON WG ROLL OR HUMMUS CHOICE FRESH CARROTS & CELLERY STICKS DRESSINGS FRESH FRUIT ASSORTMENT MILK	11 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT MILK	12 TURKEY CHEESE ON WG ROLL CARROTS FRESH FRUIT ASSORTMENT MILK	13 BBQ CHICKEN ON WG ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT MILK	14 W/G CHEESE PIZZA BROCCOLI FRESH FRUIT ASSORTMENT MILK
17 VEGGIE BURGUER ON WG ROLL OR HUMMUS CHOICE FRESH CARROTS & CELLERY STICKS DRESSINGS FRESH FRUIT ASSORTMENT MILK	18 W/G SPAGHETTI MEAT BALLS TOMATO SAUCE W/G BREAD FRUIT CUPS MILK	19 CHICKEN ROMAINE WG WRAP NON FAT DRESSINGS FRUIT CUPS MILK	20 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT MILK	21 TURKEY CHEESE ON WG ROLL CARROTS FRESH FRUIT ASSORTMENT MILK
24 VEGGIE BURGUER ON WG ROLL FRESH CARROTS & CELLERY STICKS DRESSINGS FRESH FRUIT ASSORTMENT MILK	25 CHEESEBURGER ON W/G ROLL ROMAINE NON FAT DRESSINGS FRUIT CUPS KETCHUP	26 TURKEY CHEESE ON WG ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT MILK	27 BBQ CHICKEN ON WG ROLL BAKED BEANS FRESH FRUIT ASSORTMENT MILK	28 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE BROCCOLI FRESH FRUIT ASSORTMENT MILK
31 VEGGIE BURGUER ON WG ROLL FRESH CARROTS & CELLERY STICKS DRESSINGS FRESH FRUIT ASSORTMENT MILK				

STUDENT SCHOOL LUNCH CONSISTS OF 5MEAL COMPONENTS: MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK. STUDENTS CHOOSE A MINIMUM OF 3: INCLUDING ½ 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 SKIM FAT FREE MILK.