

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

K-8 CYCLE LUNCH MENU OCTOBER 2025-2026

DAILY OFFERINGS **HOT VEGETABLE**FRESH VEGETABLE CHOICE**LOW FAT DRESSINGS AND WG CROUTONS **FRUIT ASSORTMENT**CHOICE OF FAT FREE FLAVORED MILK OR 1% LOW FAT WHITE MILK **DAILY ALTERNATE MEAL SELECTION **YOGURT GRANOLA FRUIT ENTRÉE**HUMMUS WG CRACKERS VEGETABLE ENTRÉE**CHEESE SANDWICH ON WG ROLL**SOY BUTTER SANDWICH ON WG ROLL** TURKEY CHEESE ON WG ROLL**VEGGIE PATTY ON WG ROLL**				
OCTOBER 6-10 CT GROWN FOR CT KIDS WEEK LOCAL FRUITS AND VEGETABLES WILL BE OFFERED ON THE MENU	OCTOBER 13-17 National School Lunch Week "Taste the World: Your School Lunch Passport!"	1 *CHEESEBURGER ON W/G ROLL* POTATO WEDGES FRESH FRUIT & VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs*	2 WG PASTA MEATSAUCE MARINARA *WG ROLL* FRUIT FRESH VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs*	3 *W/G FRENCH TOAST* TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE CHOICE MILK *Contains milk ,wheat soy , egg*
6 WG POPCORN CHICKEN* CARROTS FRESH FRUIT & VEGETABLE BAR * W/G ROLL* MILK *Contains milk ,wheat soy* *May contain eggs*	7 *TURKEY CHEESE* ON WG ROLL ROMAINE FRESH FRUIT MILK *Contains Soy Wheat ,milk* *May contain eggs*	8 BB OR BUFFALO CHICKEN *MAC & CHEESE* * W/G ROLL* FRUIT FRESH VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs*	9 BAKED POTATO BAR CHICKEN *WG ROLL* BROCCOLI FRESH FRUIT & VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs*	10 WG BROWN RICE CHICK PEAS CURRY CHICKEN FRESH FRUIT & VEGETABLE BAR MILK
13 COLUMBUS DAY All WG Rolls *Contain Soy Wheat ,milk* *May contain eggs*	14 *WG PIZZA BITES* TOMATO DIPPING SAUCE FRESH FRUIT & GREEN BEANS MILK *Contains milk ,wheat soy*	15 WG BROWN RICE BEANS TURKEY *CHEESE* TACO BAR FRESH FRUIT & VEGETABLE BAR MILK *Contains Milk*	16 *CHICKEN ALFREDO WG PASTA* *CHICKEN PARMESAN* *WG ROLL* FRUIT FRESH VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs*	17 ORANGE *CHICKEN* VEGETABLE LO MAIN FRUIT FRESH VEGETABLE CHOICE MILK *Contains milk ,wheat soy*
20 *CHEESEBURGER ON *W/G ROLL* POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs*	21 *TURKEY CHEESE* ON WG ROLL ROMAINE FRESH FRUIT & VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs*	22 BAKED POTATO BAR CHICKEN BROCCOLI *WG ROLL* FRESH FRUIT & VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs*	23 WG BROWN RICE BEANS TURKEY *CHEESE* TACO BAR FRESH FRUIT & VEGETABLE BAR MILK *Contains Milk*	24 MEATBALL MARINARA ON *WG ROLL* FRESH FRUIT & VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs*
27 WG PASTA MEATSAUCE MARINARA *WG ROLL* FRUIT FRESH VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs*	28 *WG PIZZA BITES* TOMATO DIPPING SAUCE FRESH FRUIT & GREEN BEANS MILK FRUIT *Contains milk ,wheat soy*	29 TURKEY CHILI BEANS WG CHIPS & *CHEESE* FRESH FRUIT & VEGETABLE CHOICE MILK *Contains Milk*	30 *W/G FRENCH TOAST* TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE CHOICE MILK *Contains milk ,wheat soy , egg*	31 *CHEESEBURGER ON *W/G ROLL* POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs*

- 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 3/4 CUP VEGETABLE AND IN ADDITION AT LEAST 2 MORE DIFFERENT COMPONENTS. FOR BEST NUTRITION WE ENCOURAGE CHOOSING ALL 5! SPECIAL DIET ACCOMMODATIONS.
- 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.
- IF YOU HAVE A FOOD ALLERGY: TELL CAFETERIA STAFF BEFORE ORDERING OR SELECTING YOUR MEAL. REVIEW THE POSTED ALLERGEN INFORMATION AND INGREDIENT LISTS. ASK IF YOU'RE UNSURE ABOUT ANY ITEM.