

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

K-8 JANUARY CYCLE BREAKFAST MENU FOR SY 2025-2026

DAILY SERVINGS:

ALL BREAKFAST OFFERINGS CONSISTS OF 3 MEAL COMPONENTS: WHOLE GRAIN, FRUIT AND MILK
CHOOSE A MINIMUM OF TWO MEAL COMPONENTS INCLUDING 1/2 CUP FRUIT OR ONE FULL SERVING OF EACH MEAL COMPONENT

- WG CEREAL WG MUFFIN, WG GRANOLA, WG GRAHAM CRACKERS
- 2 ITEMS = 1 GRAIN SERVING. TAKE A MINIMUM OF 2 AS A COMBINATION OR 2 OF THE SAME ITEM
- LOW FAT STRING CHEESE OR FAT FREE YOGURT 1 ITEM = 1/2 SERVING, MAY SUBSTITUTE FOR HALF OF THE GRAIN COMPONENT, WHEN OFFERED.
- FRUIT: 100 % JUICE AND 1/2 cup FRESH OR CUPS
 - (2 ITEMS = 1 FRUIT SERVING. MINIMUM 1 ONLY 1 JUICE PER STUDENT)
- MILK: 1 CONTAINER= (1 MILK SERVING. CHOICE OF CHOCOLATE FAT FREE OR 1% WHITE)

		7 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK	8 **CHICKEN SAUSAGE WAFFLE** **WG CEREAL* **WG MUFFIN CHOICE** FRUITS & MILK	9 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK
12 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK	13 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK	14 **EGG CHEESE ON WG ROLL** *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	15 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK	16 **CHICKEN SAUSAGE CHEESE ON WG ROLL** *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK
19 MARTIN LUTHER KING JR HOLIDAY	20 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK	21 **CHICKEN SAUSAGE WAFFLE** *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK	22 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK	23 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK
26 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK	27 *EGG CHEESE ON WG ROLL* *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK	28 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK	29 **CHICKEN SAUSAGE CHEESE ON WG ROLL** *WG CEREAL* **WG MUFFIN CHOICE** FRUIT JUICE & MILK	30 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK

- BRASS CITY CHARTER SCHOOL IS AN EQUAL OPPORTUNITY PROVIDER. MENU IS SUBJECT TO CHANGE.
- 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.
- *CONTAINS: WHEAT, SOY* **CONTAINS: EGGS, MILK, WHEAT, SOY** *** CONTAINS MILK***