

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

K-8 OCTOBER CYCLE BREAKFAST MENU FOR SY 2026-2027

DAILY SERVINGS: ALL BREAKFAST OFFERINGS CONSISTS OF 3 MEAL COMPONENTS: WHOLE GRAIN, FRUIT AND MILK CHOOSE A MINIMUM OF TWO MEAL COMPONENTS INCLUDING ½ CUP FRUIT OR ONE FULL SERVING OF EACH MEAL COMPONENT				
• WG CEREAL WG MUFFIN • 2 ITEMS = 1 GRAIN SERVING. TAKE A MINIMUM OF 1 ITEM. A COMBINATION, OR 2 OF THE SAME ITEM • LOW FAT STRING CHEESE OR FAT FREE YOGURT 1 ITEM = ½ SERVING, MAY SUBSTITUTE FOR HALF OF THE GRAIN COMPONENT, WHEN OFFERED.				
• FRUIT: 100 % JUICE AND ½ 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)				

			1 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	2 **WG PANCAKE SAUSAGE ** *WG CEREAL WG MUFFIN CHOICE* FRUIT CUP FRUIT JUICE & MILK
5 **CHICKEN SAUSAGE WAFFLE** **WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	6 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	7 **EGG CHEESE ON WG ROLL** *WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	8 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	9 **WG PANCAKE SAUSAGE ** *WG CEREAL WG MUFFIN CHOICE* FRUIT CUP FRUIT JUICE & MILK
12 HOLIDAY COLOMBUS DAY	13 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	14 **EGG CHEESE ON WG ROLL** *WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	15 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	16 **WG PANCAKE SAUSAGE ** *WG CEREAL WG MUFFIN CHOICE* FRUIT CUP FRUIT JUICE & MILK
19 **CHICKEN SAUSAGE WAFFLE** **WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	20 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	21 **EGG CHEESE ON WG ROLL** *WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	22 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	23 **WG PANCAKE SAUSAGE ** *WG CEREAL WG MUFFIN CHOICE* FRUIT CUP FRUIT JUICE & MILK
26 **CHICKEN SAUSAGE WAFFLE** **WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	27 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	28 **EGG CHEESE ON WG ROLL** *WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	29 *WG CEREAL* **WG MUFFIN CHOICE** FRUIT CUP FRUIT JUICE & MILK	30 **WG PANCAKE SAUSAGE ** *WG CEREAL WG MUFFIN CHOICE* FRUIT CUP FRUIT JUICE & 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*****