

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

K-8 OCTOBER 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 ½ CUP FRUIT OR ONE FULL SERVING OF EACH MEAL COMPONENT				
<ul style="list-style-type: none"> 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 = ½ SERVING, MAY SUBSTITUTE FOR HALF OF THE GRAIN COMPONENT, WHEN OFFERED. 				
<ul style="list-style-type: none"> FRUIT: 100 % JUICE AND ½ cup FRESH OR CUPS (2 ITEMS = 1 FRUIT SERVING. MINIMUM 1 ONLY 1 JUICE PER STUDENT) 				
<ul style="list-style-type: none"> MILK: 1 CONTAINER= (1 MILK SERVING. CHOICE OF CHOCOLATE FAT FREE OR 1% WHITE) 				

		1 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUIT JUICE & MILK	2 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	3 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK
6 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	7 **EGG CHEESE ON WG ROLL** *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	8 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	9 **CHICKEN SAUSAGE CHEESE ON WG ROLL** *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	10 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK
13 COLUMBUS DAY	14 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	15 **CHICKEN SAUSAGE WAFFLE** *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	16 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	17 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK
20 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	21 *EGG CHEESE ON WG ROLL* *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	22 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	23 **CHICKEN SAUSAGE CHEESE ON WG ROLL** *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	24 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK
27 **CHICKEN SAUSAGE CHEESE ON WG ROLL** *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	28 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	29 *EGG CHEESE ON WG ROLL* *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	30 *WG CEREAL* **WG MUFFIN CHOICE** *** PARFAIT *** FRUITS & MILK	31 *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***