

Brass City Charter School
 PROVIDING FRESH, HEALTHY MEALS DAILY

CYCLE LUNCH MENU NOVEMBER 2024-2025

NOVEMBER 2024 **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** **				
				1 CHEESEBURGER ON W/G ROLL SWEET POTATO FRESH FRUIT & VEGETABLE CHOICE MILK
4 BBQ CHICKEN W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK	5 WG PIZZA BITES MARINARA DIPPING SAUCE FRESH FRUIT MILK	6 WG BROWN RICE BEANS CHICKEN CHEESE TACO FRESH FRUIT & VEGETABLE BAR MILK	7 WG PASTA MEATBALLS MARINARA WG ROLL FRESH FRUIT & VEGETABLE CHOICE MILK	8 TURKEY CHEESE ON WG ROLL ROMAINE FRESH FRUIT & VEGETABLE CHOICE MILK
11 VETERANS DAY	12 WG PIZZA BROCCOLI FRESH FRUIT MILK	13 BBQ CHICKEN W/G ROLL FRESH FRUIT & VEGETABLE CHOICE MILK	14 MEATBALL MARINARA ON WG ROLL FRESH FRUIT & VEGETABLE CHOICE MILK	15 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK
18 TURKEY CHILI BEANS WG CHIPS & CHEESE FRESH FRUIT & VEGETABLE CHOICE MILK	19 WG PIZZA BITES MARINARA DIPPING SAUCE FRESH FRUIT MILK	20 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE CHOICE MILK	21 WG POPCORN CHICKEN MASHED POTATO WG ROLL FRESH FRUIT & VEGETABLE BAR MILK	22 CHICKEN CAESAR SALAD WG CROUTONS FRESH FRUIT & VEGETABLE CHOICE MILK
25 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK	26 TURKEY GRAVY MASHED POTATO GREEN BEANS WG STUFFING CRANBERRY SAUCE FRUIT ASSORTMENT	27 THANKSGIVING RECESS	28 THANKSGIVING RECESS	29 THANKSGIVING RECESS

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.