

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

K-8 CYCLE LUNCH MENU OCTOBER 2026-2027

DAILY OFFERINGS **HOT VEGETABLE**FRESH VEGETABLES**LOW FAT DRESSINGS & DIPPING SAUCES**FRUIT ASSORTMENT**CHOICE OF FAT FREE FLAVORED MILK OR 1% 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**				
CT GROWN FOR CT KIDS WEEK HAPPENING IN OCTOBER 5 - 9 LOCAL FRUITS AND VEGETABLES WILL BE OFFERED ON THE MENU	National School Lunch Week HAPPENING IN OCTOBER 13-16 "Cafeteria Circus: Where Nutrition Takes Center Stage!"		1 *CHEESEBURGER ON W/G ROLL* SWEET POTATO FRESH FRUIT & VEGETABLE BAR MILK *Contains Soy Wheat ,milk* *May contain eggs*	2 *WG POPCORN CHICKEN* MASHED POTATO FRESH FRUIT & VEGETABLE BAR * W/G ROLL* MILK *Contains milk ,wheat soy* *May contain eggs*
5 TURKEY CHILI BEANS WG CHIPS & *CHEESE* FRESH FRUIT FRESH VEGETABLE BAR MILK *Contains Milk	6 *WG PIZZA BITES* TOMATO DIPPING SAUCE FRESH FRUIT & GREEN BEANS MILK *Contains milk ,wheat soy*	7 BAKED POTATO BAR CHICKEN *WG ROLL* BROCCOLI FRESH FRUIT FRESH VEGETABLE BAR MILK *Contains Soy Wheat ,milk* *May contain eggs*	8 *W/G FRENCH TOAST* TURKEY SAUSAGE PATTY CORN FRESH FRUIT FRESH VEGETABLE BAR MILK *Contains milk ,wheat soy , egg*	11 MEATBALL MARINARA ON *WG ROLL* FRESH FRUIT FRESH VEGETABLE BAR MILK *Contains Soy Wheat ,milk* *May contain eggs*
12 HOLIDAY COLOMBUS DAY	13 JUGGLING JACK CHEESE PIZZA ACROBAT APPLE SLICES GREEN ROOM GREEN BEANS POPCORN-STYLE SNACK MILK *CONTAINS MILK ,WHEAT SOY*	14 CARNIVAL TURKEY TACOS JUGGLING GRAPES CORN & BLACK BEAN SALSA FIESTA TOPPINGS FRESH VEGETABLE BAR MILK *CONTAINS MILK*	15 *CIRCUS CELEBRATION CHEESEBURGER CLOWN CAR POTATO WEDGES BERRY CUP SPECIAL DESSERT FRESH VEGETABLE BAR MILK *CONTAINS SOY WHEAT ,MILK* *MAY CONTAIN EGGS	16 STAR POWER CHICKEN TENDERS BIG TOP BROCCOLI CARNIVAL WATERMELON GARLIC BREAD KNOTS FRESH VEGETABLE BAR * W/G ROLL* MILK *CONTAINS MILK ,WHEAT SOY* *MAY CONTAIN EGGS*
19 ORANGE *CHICKEN* VEGETABLE LO MAIN FRUIT FRESH VEGETABLE BAR MILK *Contains milk ,wheat soy*	20 *TURKEY CHEESE* ON WG ROLL FRESH FRUIT FRESH VEGETABLES MILK *Contains Milk*	21 *WG BROWN RICE CHICK PEAS CURRY CHICKEN *WG ROLL* FRESH FRUIT & VEGETABLE BAR MILK *Contains Soy Wheat ,milk* *May contain eggs	22 WG PASTA TURKRY MEATSAUCE MARINARA *WG ROLL* FRUIT FRESH VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs	23 BBQ OR BUFFALO CHICKEN * W/G ROLL* SWEET POTATO FRUIT FRESH VEGETABLE BAR MILK *Contains Soy Wheat ,milk* *May contain eggs
26 **BAKED POTATO BAR CHICKEN BROCCOLI *WG ROLL* FRESH FRUIT & VEGETABLE BAR MILK *Contains Soy Wheat ,milk* *May contain eggs*	27 *WG PIZZA BITES* TOMATO DIPPING SAUCE FRESH FRUIT & GREEN BEANS MILK* *Contains milk ,wheat soy	28 WG BROWN RICE BEANS CHICKEN*CHEESE* TACO BAR FRESH FRUIT FRESH VEGETABLE BAR MILK *Contains Milk*	29 *CHEESEBURGER ON *W/G ROLL* POTATO WEDGES FRESH FRUIT FRESH VEGETABLE BAR MILK *Contains Soy Wheat ,milk* *May contain eggs	30 *W/G FRENCH TOAST* TURKEY SAUSAGE PATTY CORN FRESH FRUIT FRESH VEGETABLE BAR MILK *Contains milk ,wheat soy , egg*

- 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.