

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

K-8 CYCLE LUNCH MENU SEPTEMBER 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**				
	1 *WG PIZZA BITES* TOMATO DIPPING SAUCE FRESH FRUIT & GREEN BEANS MILK *Contains milk ,wheat soy*	2 *W/G FRENCH TOAST* TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE BAR MILK *Contains milk ,wheat soy , egg*	3 WG PASTA MEATSAUCE MARINARA *WG ROLL* FRUIT FRESH VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs*	4 *CHEESEBURGER ON W/G ROLL* SWEET POTATO FRESH FRUIT & VEGETABLE BAR MILK *Contains Soy Wheat ,milk* *May contain eggs*
7 LABOR DAY	8 *TURKEY CHEESE* ON WG ROLL FRESH FRUIT & VEGETABLES MILK *Contains Soy Wheat ,milk* *May contain eggs*	9 ORANGE *CHICKEN* VEGETABLE LO MAIN FRUIT FRESH VEGETABLE CHOICE MILK *Contains milk ,wheat soy*	10 TURKEY CHILI BEANS WG CHIPS & *CHEESE* FRESH FRUIT & VEGETABLE CHOICE MILK *Contains Milk*	11 BB OR BUFFALO CHICKEN * W/G ROLL* FRUIT FRESH VEGETABLE BAR MILK *Contains Soy Wheat ,milk* *May contain eggs*
14 WG BROWN RICE BEANS CHICKEN*CHEESE* TACO BAR FRESH FRUIT & VEGETABLE BAR MILK *Contains Milk*	15 *WG PIZZA * GREEN BEANS & FRESH FRUIT MILK *Contains milk ,wheat soy*	16 WG PASTA MEATSAUCE MARINARA *WG ROLL* FRUIT FRESH VEGETABLE CHOICE MILK *Contains Soy Wheat ,milk* *May contain eggs*	17 *WG CHICKEN TENDERS* MASHED POTATO FRESH FRUIT & VEGETABLE BAR * W/G ROLL* MILK *Contains milk ,wheat soy* *May contain eggs*	18 *CHEESEBURGER ON *W/G ROLL* POTATO WEDGES FRESH FRUIT & VEGETABLE CHOICBARE MILK *Contains Soy Wheat ,milk* *May contain eggs*
21 MEATBALL MARINARA ON *WG ROLL* FRESH FRUIT & VEGETABLE BAR MILK *Contains Soy Wheat ,milk* *May contain eggs*	22 *TURKEY CHEESE* ON WG ROLL FRESH FRUIT & VEGETABLES MILK	23 *W/G FRENCH TOAST* TURKEY SAUSAGE PATTY, CORN FRESH FRUIT & VEGETABLE BAR MILK *Contains milk ,wheat soy , egg*	24 *BAKED POTATO BAR CHICKEN BROCCOLI *WG ROLL* FRESH FRUIT & VEGETABLE BAR MILK *Contains Soy Wheat ,milk* *May contain eggs*	25 TURKEY CHILI BEANS WG CHIPS & *CHEESE* FRESH FRUIT & VEGETABLE BAR MILK *Contains Milk
28 BAKED POTATO BAR CHICKEN *WG ROLL* BROCCOLI FRESH FRUIT & VEGETABLE BAR MILK *Contains Soy Wheat ,milk* *May contain eggs*	29 *WG PIZZA BITES* TOMATO DIPPING SAUCE FRESH FRUIT & GREEN BEANS MILK *Contains milk ,wheat soy	30 WG BROWN RICE CHICK PEAS CURRY CHICKEN *WG ROLL* FRESH FRUIT & VEGETABLE BAR MILK *Contains Soy Wheat ,milk* *May contain eggs*	HAPPENING IN OCTOBER CT GROWN FOR CT KIDS WEEK LOCAL FRUITS AND VEGETABLES WILL BE OFFERED ON THE MENU	HAPPENING IN OCTOBER National School Lunch Week

- 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.