



## Lunch Menu Week of December 3<sup>rd</sup> – December 7<sup>th</sup>, 2012

## Brush Memorial



	Monday 12/3	Tuesday 12/4	Wednesday 12/5	Thursday 12/6	Friday 12/7
Signature	Oven Roasted Chicken Milk	Sweet and Sour Chicken Stir-Fry Milk	Chicken Alfredo Milk	Beef & Refried Bean Burrito Milk	Spicy Chicken Strips Whole Grain Roll Milk
Grill	Hamburger Cheeseburger Spicy Chicken	Hamburger Cheeseburger Spicy Chicken	Hamburger Cheeseburger Spicy Chicken	Hamburger Cheeseburger Spicy Chicken	Hamburger Cheeseburger Spicy Chicken
Pizza	Cheese Pepperoni	Cheese Pepperoni	Cheese Pepperoni	Cheese Pepperoni	Cheese Pepperoni
Deli	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Sides	Broccoli Salad Seasoned Fries Mandarin Oranges Pears	Brown Rice California Blend Pineapple Chunks Applesauce Cup Whole Grain Cookie	Fresh Pear Peach Cup Green Peas Fruit	Black Bean and Corn Salsa Fresh Apple Apricots Tortilla Scoops	Sweet Potato Fries Bean & Corn Salad Fresh Banana Fruit Cocktail

### Lunch \$3.00

Includes: Choice of One Entrée, Two Servings of Fruits and Vegetables, One Grain or Bread and one Low-Fat Milk

Lunch also available  
In the Fresh Market!

### Nutritional Targets

Calories: 846, Iron: 4.5 mg, Calcium: 400 mg, Vitamin A: 1500 IU,  
Vitamin C: 19.18 mg, Protein: 16.7 g, Total Fat Less Than 30%,  
Saturated Fat Less Than 10%

Please discuss any food allergy issues concerning your child with Executive Chef Kevin Needham

No child will be discriminated against because of race, color, national origin, age or disability.  
If you believe you have been discriminated against, write to the Department of Agriculture, Washington, D.C. 20250



SEL

STUDENTS EATING LOCAL