



Lunch Menu Week of December 10th – December 14th, 2012

Brush Memorial



	Monday 12/10	Tuesday 12/11	Wednesday 12/12	Thursday 12/13	Friday 12/14
Signature	Cajun Chicken Pasta Milk	Hunan Chicken Crunch Milk	California Casserole Milk	Eagle Tostada Milk	Meatball Sub 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	Black Bean & Corn Salsa Mandarin Oranges Apricot Cup	Asian Brown Rice Green Peas Pineapple Chunks Fresh Banana	Fresh Veggies & Dip Peaches Pears in Cherry Jello-O	Sweet Potato Fries Fresh Tangerine Applesauce Whole Grain Cookie	Pears Strawberry Cup

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