



## Lunch Menu Week of December 17<sup>th</sup> – December 21<sup>st</sup>, 2012

## Brush Memorial



	Monday 12/17	Tuesday 12/18	Wednesday 12/19	Thursday 12/20	Friday 12/21
Signature	Santa Fe Wrap Milk	Teriyaki Chicken Milk	Veggie Lasagna Milk	Spicy Nachos with Salsa Milk	Turkey & Gravy 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	Carrots & Hummus Pink Grapefruit Pineapple Multigrain Chips	Asian Brown Rice Fresh Cucumber & Tomato Dip Fruit Salad Peach Cup Pretzels	Strawberry Cup Breadstick w/Marinara Sauce	Fresh Apple Fresh Banana Brown Rice	Mashed Potatoes Broccoli Fruit Juice Apricot Cup Whole Grain Cookie

### 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