



Lunch Menu Week of November 12th – November 16th, 2012

Brush Memorial



	Monday 11/12	Tuesday 11/13	Wednesday 11/14	Thursday 11/15	Friday 11/16
Signature	Honey Mustard Chicken Wrap Milk	Eagle Tostada Milk	Veggie Lasagna Milk	Turkey & Gravy 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	Golden Corn & Carrots Pineapple Chunks Peach Cup Whole Grain Cookie	Bean & Corn Salad Fresh Tangerine Apricots Tortilla Scoops with Salsa	Tossed Side Salad Fresh Pear Mandarin Oranges Breadstick with Marinara Sauce	Mashed Potatoes Green Beans Fruit Juice Peach Cup Whole Wheat Roll Whole Grain Cookie	Tossed Side Salad Pears 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

