



# Lunch Menu Week of November 19<sup>th</sup> – November 23<sup>rd</sup>, 2012

## Brush Memorial



	Monday 11/19	Tuesday 11/20	Wednesday 11/21	Thursday 11/22	Friday 11/23
Signature	Grilled Chicken on a Bun Milk	Classic Pizza Wedge Milk	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
Grill	Hamburger Cheeseburger Spicy Chicken	Hamburger Cheeseburger Spicy Chicken	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
Pizza	Cheese Pepperoni	Cheese Pepperoni	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
Deli	Salad Bar	Salad Bar	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
Sides	Fresh Veggies Sweet Potato Soufflé Pears in Cherry Jell-O Fruit Juice	California Casserole Carrots & Hummus Northwest Apple Salad	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break

### 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

