



Lunch Menu Week of November 26th – November 30th, 2012

Brush Memorial



| | Monday 11/26 | Tuesday 11/27 | Wednesday 11/28 | Thursday 11/29 | Friday 11/30 |
|-----------|---|---|--|--|---|
| Signature | Quirky Quesadilla Milk | BBQ Pork on a Bun Milk | Spicy Nachos Milk | Chicken Alfredo with a Twist Milk | Chicken Philly Sandwich 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 Peaches Fresh Grapes Tortilla Scoops with Salsa | Baked Beans Vegetable Blend Pears Applesauce | Cowboy Salsa Fresh Apple Slices Fresh Banana Spanish Rice | Garlic Broccoli Fresh Banana Mixed Fruit Whole Grain Roll | Sweet Potato Fries Green Beans Pink Grapefruit Sections Peaches |

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

