



Brush Memorial

The Lunch Menu Week of October 29th – November 2nd, 2012



	Monday 10/29	Tuesday 10/30	Wednesday 10/31	Thursday 11/1	Friday 11/2
Signature	Pizza Wrap Milk	Orange Chicken Milk	Chicken Alfredo Whole Grain Roll Milk	Quirky Quesadilla Milk	Grilled Chicken on a Bun Milk
Grill	Hamburger Cheeseburger Spicy Chicken Sandwich	Hamburger Cheeseburger Spicy Chicken Sandwich	Hamburger Cheeseburger Spicy Chicken Sandwich	Hamburger Cheeseburger Spicy Chicken Sandwich	Hamburger Cheeseburger Spicy Chicken Sandwich
Pizza	Cheese Pepperoni	Cheese Pepperoni	Cheese Pepperoni	Cheese Pepperoni	Cheese Pepperoni
Deli	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Sides	Carrots California Blend Pears Applesauce Whole Grain Cookie	Brown Rice Green Beans Mandarin Oranges Pineapple	Broccoli Fresh Banana Mixed Fruit	Golden Corn Peaches Fresh Grapes Tortilla Scoops w/Salsa	Fresh Cucumber & Tomato Dip Baked Beans Fresh Pear 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