LUNCH

AUGUST 2023

Brownsville Middle & High School

Daily alternate entrée choices include:
Chicken Sandwich ** Cheeseburger
Pizza ** Salad w/ Chicken ** Uncrustable

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28 Mini Corn Dogs Dinner Roll Oven Baked Beans Asst. Fruit & Fresh Vegetables FF Chocolate or 1% White Milk	29 Hot Ham & Cheese Hoagie Steamed Carrots Asst. Fruit & Fresh Vegetables FF Chocolate or 1% White Milk	30 Turkey & Gravy over Biscuit Mashed Potatoes Asst. Fruit & Fresh Vegetables FF Chocolate or 1% White Milk	31 Pizza Crunchers w/ Marinara Cup Green Beans Asst. Fruit & Fresh Vegetables FF Chocolate or 1% White Milk	

All students receive a complimentary lunch daily. Choices include: **Milk:** FF Chocolate or 1% White. **Assorted Fruit & Fresh Vegetables:** (***Take up to 2 fruits & 2 vegetables***) Apple, Orange, Asst. Canned & Other Fresh Fruit as available, Baby Carrots, Broccoli, Chick Peas, Grape Tomatoes, Romaine Salad, Cucumber Slices & Asst. Other Vegetables as available. **Grains/Breads**: 80% of all grain items are "whole grain rich", per the USDA regulations. To qualify as a free lunch, students must take 3, 4 or 5 items, (Meat/Meat Alternate, Grain/Bread, Vegetable, Fruit, Milk) of which 1 must be a fruit or vegetable. Students taking required meal components receive lunch at no cost, otherwise per regulations, ala cart prices are in effect. Smart Snacks available for purchase, payable at www.myschoolbucks.com, check or cash. Brownsville Area School District is an equal opportunity provider and employer.