

# Elementary School

1/28/2019

**Brentwood UFSD  
Food Service**

# February 2019

**BREAKFAST  
MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				<b>WG CinnaBar</b>  <b>Craisins</b> <b>Orange Juice</b> <b>MILK</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>WG Oatmeal Bar</b> <b>WG Crackers</b> <b>Raisins</b> <b>Apple Juice</b> <b>MILK</b>	<b>WG Cereal Bowl</b> <b>WG Crackers</b> <b>Applesauce Cup</b> <b>Fruit Punch</b> <b>MILK</b>	<b>WG Cereal Bar</b> <b>WG Crackers</b> <b>Fresh Banana</b> <b>Orange Juice</b> <b>MILK</b>	<b>WG Cereal Bowl</b> <b>WG Crackers</b> <b>Craisins</b> <b>Apple Juice</b> <b>MILK</b>	<b>WG Berry Apple Crisp Bar</b>  <b>Raisins</b> <b>Orange Juice</b> <b>MILK</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>WG Oatmeal Bar</b>  <b>Craisins</b> <b>Apple Juice</b> <b>MILK</b>	<b>WG Cereal Bowl</b>  <b>Apple</b> <b>Fruit Punch</b> <b>MILK</b>	<b>WG Muffin</b>  <b>Fresh Banana</b> <b>Orange Juice</b> <b>MILK</b>	<b>WG Cereal Bowl</b> <b>WG Crackers</b> <b>Raisins</b> <b>Apple Juice</b> <b>MILK</b>	<b>WG Banana Chunk Bar</b>  <b>Craisins</b> <b>Orange Juice</b> <b>MILK</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
		<b>Mid-Winter Recess</b> <b>No School</b>		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
<b>WG Oatmeal Bar</b>  <b>Raisins</b> <b>Apple Juice</b> <b>MILK</b>	<b>WG Cereal Bowl</b> <b>WG Crackers</b> <b>Applesauce Cup</b> <b>Fruit Punch</b> <b>MILK</b>	<b>WG Cereal Bar</b> <b>WG Crackers</b> <b>Fresh Banana</b> <b>Orange Juice</b> <b>MILK</b>	<b>WG Cereal Bowl</b> <b>WG Crackers</b> <b>Craisins</b> <b>Apple Juice</b> <b>MILK</b>	
<b>WG= Whole Grain</b>		<b>BUFSD is an Equal Opportunity Employer</b>		
<b>CARBOHYDRATE COUNTS IN GRAMS</b>				
<b>ENTRÉE</b>	<b>VEGETABLES</b>	<b>FRUIT</b>	<b>DAIRY</b>	
Macaroni & Cheese(2/3c)-28	Broccoli(1/2c)-5	Apple Juice(4oz)-14	1% White Milk(8oz)-13	
Pasta/Meatballs/Sauce(1/2c)-25	Carrots(1/2c)-4	Orange Juice(4oz)-12	Skim Milk(8oz)-13	
Pizza Crunchers/Spagh(1/2c)/Sauce-62	Cauliflower(1/2c)-5	Fruit Juice(4oz)-15	FF Chocolate Milk(8oz)-22	
French Bread Pizza-33	Green Beans(1/2c)-4	Grape Juice(4oz)-19	FF Strawberry Milk(8oz)-22	
Mozzarella Stks/Spagh (1/2c)/Sauce-52	Mixed Vegetables(1/2c)-10	Applesauce(1/2c)-14	Yogurt-16	
Whole Wheat Cheese Pizza-29	Peas(1/2c)-12	Fruit Cocktail(1/2c)-14	<b>CONDIMENTS</b>	
Beef Nachos/scoops/toppings-27	Butternut Squash(1/2c)-9	Mandarin Oranges(1/2c)-15	Ketchup packet-3	
Cheeseburger on WW Bun-28	Zucchini(1/2c)-2	Sliced Peaches(1/2c)-14	LT Ranch Dressing(2tbs)-6	
Mini-Burger Slider With Cheese-31	Spinach(1/2c)-5	Sliced Pears(1/2c)-15	LT Italian Dressing(2tbs)-2	
Tacos with Scoops/Toppings-24	Corn(1/2c)-17	Pineapple Chunks(1/2c)-17	Syrup(1oz)-25	
Turkey Ham & Cheese Melt-31	Vegetarian Beans(1/2c)-22	Raisins(1 box)-30	Salsa(2tbs)-2	
Chicken Nuggets-15	Mixed Bean Salad(1/2c)-15	Fresh Apple-29	<b>GRAIN</b>	
Grilled Chicken Patty on WW Bun-26	Caesar Salad(3/4c)-7	Fresh Orange-15	WW Bread(1sl)-12	
WG Chicken Pattie on WW Bun-38	Dark Green Salad/&Dressing(3/4c)-10	Fresh Banana-30	WW Hamburger Bun-25	
Hot Spicy Chicken Patty/WW Bun-37	Mashed Potatoes(1/2c)-14	Fresh Pear-28	WW Club Roll(2oz)-28	
Tuna Salad Wrap-35	Hash Browns(1piece)-17		WW Club Roll(3oz)-41	
Grilled Cheese Sandwich-32	Oven Baked Fries(1/2c)-22		WW Kaiser Roll(2oz)-28	
French Toast with Syrup-57	Oven Roasted Potatoes(1/2c)-19		WW Torpedo Roll(3oz)-48	
Fish&Cheese Melt/WW Bun-39	Rice&Beans(3/4c)-30		WW Italian Bread(1oz)-15	
Corn Dogs-31	Plantains(2)-22		Scoops(1bag)-19	
Oven Roasted Chicken-10	Sweet Potatoes(1/2c)-25		Churros (1/2)-6	
Baked Ziti(3/4c)-51	Sweet Potato Bites(11)-26		Pasta Salad(1/2c)-22	
	Sweet Potato Fries(1/2c)-13		Brown Rice(1/2c)-22	
	Tator Tots(1/2c)-16		WW Bagel(4oz)-59	
			WW Tortilla(8inch)-19	

*MENU SUBJECT TO CHANGE WITHOUT NOTICE*