

# Freshman Center and High School

1/28/2019

## Brentwood UFSD Food Service Lunch Menu

# February 2019

*Food and Fitness  
Fuel for a Lifetime*

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<b>*B* LOCAL Long Island Farm Fresh Greens Are Being Served on Wednesdays &amp; NEW YORK APPLES are in the Fresh Fruit Basket at all Brentwood schools</b>	<b>Student Lunch Prices:</b> Reduced: \$0.00 Full Price: \$1.30 Additional Lunch: \$2.75 Adult Lunch \$3.85+tax			WG Pizzeria Style Pizza Plain or Spinach Spinach Salad Roasted Cauliflower Mixed Fruit Cup Milk
				WG Sandwich of the Day Chicken Patty on a Roll WG Salami
4	5	6	7	8
Oven Fried Breaded Chicken WG Roll Mashed Sweet Potato Mixed Bean Salad Pears Milk	<b>CHINESE NEW YEAR</b> Teriyaki Chicken WG Brown Rice Vegetable Medley Sweet Peas Fresh Fruit Basket Fortune Cookies, Milk	<b>*B* LOCAL WEDNESDAY</b> Pepperoni Pinwheel Romaine & Garden Mix Salad Steamed Broccoli Applesauce Cup Milk	<i>Brunch for Lunch</i> WG Cinnamon French Toast Sticks Chicken Sausage Roasted Butternut Squash Hash Brown Potato Fresh Fruit Basket, Milk	WG Fresh Homemade Pizza Plain or Vegetable Cucumbers & Ranch Dip Chick Pea Salad Peaches Milk
WG Sandwich of the Day Turkey&Cheese WG Club Roll Melt Turkey with American Cheese	WG Sandwich of the Day Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese	WG Sandwich of the Day Meatball Parmigiana Hero Grilled Cheese	WG Sandwich of the Day BBQ Chix/Cheese/TurkeyBacon on Roll Chicken Wrap	WG Sandwich of the Day Hamburger/Cheeseburger WG Salami
11	12	13	14	15
Chicken Patty, Reg or Spicy On a WG Bun Sweet Potato Fries Steamed Green Beans Mixed Fruit Cup Milk	Turkey Nachos WG Tortilla Chips Lettuce, Cheese & Salsa Corn & Black Bean Salad Fresh Fruit Basket Milk	<b>*B* LOCAL WEDNESDAY</b> WB Breaded Mozzarella Sticks Marinara Dipping Sauce WG French Bread Tossed Green Farm Salad Mixed Vegetables Pears, Milk	<i>Valentine's Day</i> Hamburger or Cheeseburger on WG Bun Carrot Stix & Dip Baked Oven Fries Fresh Fruit Basket <b>Cupid's Treat, Milk</b>	WG French Bread Pizza Plain or Roasted Vegetable Steamed Broccoli Three Bean Salad Applesauce Milk
WG Sandwich of the Day Turkey&Cheese WG Club Roll Melt Turkey&TurkeyBLT	WG Sandwich of the Day Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese	WG Sandwich of the Day Steak & Cheddar Club Melt Italian Combo Hero	WG Sandwich of the Day Chicken Tenders on a Bun Chicken Wrap	WG Sandwich of the Day Hot Italian Club Hero Bologna and Cheese
18	19	20	21	22
		Mid-Winter Recess No School		
25	26	27	28	
Chicken Nuggets on WG Bun Sweet Potato Tots Green Beans Chilled Pears Milk	Taco Max Snax WG Brown Rice, Salsa Mixed Bean Salad Celery & Dip Fresh Fruit Basket Milk	<b>*B* LOCAL WEDNESDAY</b> Pizza Crunchers WG French Bread Farm Fresh Spinach Salad Corn Applesauce Milk Happy Birthday Celebration	<b>BRUNCH FOR LUNCH</b> Colby Cheese Omelet Canadian Turkey Bacon WG Croissant Hash Brown Potato Glazed Carrots Fresh Fruit Basket Milk	More Alternates: * Healthy Salad- Entrée * PowWowPak-Yogurt, Cheese, Fruit and WG Crackers *Vegan Burger *Cheese Sandwich *Peanut Butter & Jelly Sandwich *Sun Butter & Jelly Sandwich
WG Sandwich of the Day Turkey&Cheese WG Club Roll Melt Turkey with American Cheese	WG Sandwich of the Day Turkey Ham/Cheddar Kaiser Melt Turkey Ham w/wo Cheese	WG Sandwich of the Day Meatball Parmigiana Hero Grilled Cheese	WG Sandwich of the Day BBQ Chicken & Cheese on Roll Chicken Wrap	
WG= Whole Grain		BUFSD is an Equal Opportunity Employer		
<b>The 5 COMPONENTS OF SCHOOL LUNCH: FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY</b>				
1. PROTEIN or MEAT ALTERNATE- includes choices of beef, fish, poultry, cheese, nuts or beans. Serving size is 2oz. 2. VEGETABLE-includes choices of red, orange, dark green, starchy, and legumes. Serving size is 3/4 - 1 cup 3. FRUIT- includes fresh, frozen, canned in fruit juice or light syrup and juices. Serving size is 1/2 - 1 cup. 4. GRAIN- whole grain products such as: pasta, rice, and/or a variety of breads. Serving size is 1 - 2 servings. 5. MILK-includes choices of 1% or skim white milk, fat free (chocolate or strawberry) milk. Serving size is 8oz.				Carol Ann Grodski,MS,RDN,CDN/N Coordinator School Food Services 631-434-2316 We are an Equal Opportunity Employer
<b>BEFORE PLACING YOUR ORDER, PLEASE INFORM THE SERVER IF YOU HAVE A FOOD ALLERGY</b>				
<b>ALL SANDWICHES ARE MADE ON WHOLE GRAIN BREAD- WG Menu Subject to Change Without Notice</b>				

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1/28/2019

**Brentwood UFSD  
Food Service**

# February 2019

**BREAKFAST  
MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				WG CinnaBar
				OR Egg/Cheese Sandwich
				Craisins Orange Juice MILK
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
WG Oatmeal Bar WG Crackers	WG Cereal Bowl WG Crackers	WG Cereal Bar WG Crackers	WG Cereal Bowl WG Crackers	WG Berry Apple Crisp Bar
OR WG French Toast Sticks Raisins Apple Juice MILK	OR Turkey Sausage & Cheese on WG Roll Applesauce Cup Fruit Punch, MILK	OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK	OR Warm Fresh WG Cinnamon Ring Apple Juice MILK	OR Egg/Cheese Sandwich Raisins Orange Juice MILK
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
WG Oatmeal Bar	WG Cereal Bowl WG Crackers	WG Muffin	WG Cereal Bowl WG Crackers	WG Banana Chunk Bar
OR WG Pancakes Craisins Apple Juice MILK	OR Turkey Sausage & Cheese on WG Roll  Fruit Punch, MILK	OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK	OR Warm Fresh WG Cinnamon Ring Apple Juice MILK	OR Egg/Cheese Sandwich Craisins Orange Juice MILK
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
		<b>Mid-Winter Recess No School</b>		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
WG Oatmeal Bar	WG Cereal Bowl WG Crackers	WG Cereal Bar WG Crackers	WG Cereal Bowl WG Crackers	
OR WG French Toast Sticks Raisins Apple Juice MILK	OR Turkey Sausage & Cheese on WG Roll Applesauce Cup Fruit Punch, MILK	OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK	OR Warm Fresh WG Cinnamon Ring Apple Juice MILK	
<b>WG= Whole Grain</b>		<b>BUFSD is an Equal Opportunity Employer</b>		

**CARBOHYDRATE COUNTS IN GRAMS**

ENTRÉE	VEGETABLES	FRUIT	DAIRY
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	CONDIMENTS
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	GRAIN
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 Kaiser Roll (3oz)-35
Fish&Cheese Melt/WW Bun-39	Rice&Beans(3/4c)-30		WW Torpedo Roll(3oz)-48
Corn Dogs-31	Plantains(2)-22		WW Italian Bread(1oz)-15
Oven Roasted Chicken-10	Sweet Potatoes(1/2c)-25		Scoops(1bag)-19
Baked Ziti(3/4c)-51	Sweet Potato Bites(11)-26		Churros (1/2)-6
	Sweet Potato Fries(1/2c)-13		Pasta Salad(1/2c)-22
	Tator Tots(1/2c)-16		Brown Rice(1/2c)-22
			WW Bagel(4oz)-59
			WW Tortilla(8inch)-19

MENU SUBJECT TO CHANGE WITHOUT NOTICE