

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 LOCAL Long Island Farm Fresh Greens Are Being Served on Wednesdays & NEW YORK APPLES are in the Fresh Fruit Basket at all Brentwood schools	Student Lunch Prices: 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	CHINESE NEW YEAR Teriyaki Chicken WG Brown Rice Vegetable Medley Sweet Peas Fresh Fruit Basket Fortune Cookies, Milk	*B* LOCAL WEDNESDAY 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* LOCAL WEDNESDAY 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 Cupid's Treat, Milk	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* LOCAL WEDNESDAY Pizza Crunchers WG French Bread Farm Fresh Spinach Salad Corn Applesauce Milk Happy Birthday Celebration	BRUNCH FOR LUNCH 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

The 5 COMPONENTS OF SCHOOL LUNCH: FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY

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

BEFORE PLACING YOUR ORDER, PLEASE INFORM THE SERVER IF YOU HAVE A FOOD ALLERGY

ALL SANDWICHES ARE MADE ON WHOLE GRAIN BREAD- WG Menu Subject to Change Without Notice ☺