

East K- Pine Park Kindergarten

1/23/2019

Brentwood UFSD Food Service Lunch Menu

February 2019

*Food and Fitness
Fuel for a Lifetime*

Monday	Tuesday	Wednesday	Thursday	Friday
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<p>*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</p>	<p>More Alternates: *Healthy Salad- Entrée * PowWowPak-Yogurt, Cheese, Fruit and WG Crackers Grab and Go Pak *Cheese Sandwich</p>			<p>WG Pizzeria Style Pizza Plain or Spinach Spinach Salad Roasted Cauliflower Mixed Fruit Cup Milk</p>
4	5	6	7	8
<p>Chicken Smackers on WG Bun Mashed Sweet Potato Mixed Bean Salad Pears Milk</p>	<p>CHINESE NEW YEAR Teriyaki Chicken WG Brown Rice Vegetable Medley Sweet Peas Fresh Fruit Basket Fortune Cookies, Milk</p>	<p>*B* LOCAL WEDNESDAY Pepperoni Pinwheel Romaine & Garden Mix Salad Steamed Broccoli Applesauce Cup Milk</p>	<p><i>Brunch for Lunch</i> WG Cinnamon French Toast Sticks Chicken Sausage Roasted Butternut Squash Hash Brown Potato Fresh Fruit Basket Milk</p>	<p>WG Fresh Homemade Pizza Plain or Vegetable Cucumbers & Ranch Dip Chick Pea Salad Peaches Milk</p>
11	12	13	14	15
<p>Chicken Patty on WG Bun Sweet Potato Fries Steamed Green Beans Mixed Fruit Cup Milk</p>	<p>Turkey Nachos WG Tortilla Chips Lettuce, Cheese & Salsa Corn & Black Bean Salad Fresh Fruit Basket Milk</p>	<p>*B* LOCAL WEDNESDAY WB Breaded Mozzarella Sticks Marinara Dipping Sauce WG French Bread Tossed Green Farm Salad Mixed Vegetables Pears Milk</p>	<p><i>Valentine's Day</i> Hamburger or Cheeseburger on WG Bun Carrot Sticks & Dip Baked Oven Fries Fresh Fruit Basket Cupid's Treat Milk</p>	<p>WG French Bread Pizza Plain or Roasted Vegetable Steamed Broccoli Three Bean Salad Applesauce Milk</p>
18	19	20	21	22
		<p>Mid-Winter Recess No School</p>		
25	26	27	28	
<p>Chicken Nuggets on WG Bun Sweet Potato Tots Green Beans Chilled Pears Milk</p>	<p>Taco Max Snax WG Brown Rice, Salsa Mixed Bean Salad Celery and Dip Fresh Fruit Basket Milk</p>	<p>*B* LOCAL WEDNESDAY Pizza Crunchers Farm Fresh Spinach Salad Corn Applesauce Milk Happy Birthday Celebration</p>	<p>BRUNCH FOR LUNCH Colby Cheese Omelet Canadian Turkey Bacon WG Croissant Hash Brown Potato Glazed Carrots Fresh Fruit Basket Milk</p>	<p>Student Lunch Prices: Reduced: \$0.00 Full Price: \$1.30 Additional Lunch: \$2.75 Adult Lunch \$3.85+tax</p>

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
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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