

**Family Service League/Shepherds Gate/MDQ**

1/28/2019

**Brentwood UFSD Food Service  
Lunch Menu**

# February 2019

**Food and Fitness  
Fuel for a Lifetime**

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <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>   |  |  |  | 1  |
|  |  |  |  | WG Bologna & Cheese Sandwich<br>Celery Sticks & Dip<br>Mixed Fruit Cup<br>Milk   |
| 4  | 5  | 6  | 7  | 8  |
| Yogurt<br>String Cheese<br>WG Crackers<br>Carrot Crunchers, Pears<br>Milk  | American Cheese<br>WG Bagel<br>Chick Pea Salad<br>Fresh Fruit Basket<br>Fortune Cookie, Milk | <b>*B* LOCAL WEDNESDAY</b><br><br>WG Turkey Ham Sandwich<br>Romaine & Garden Mix Salad<br>Applesauce Cup<br>Milk                         | WG Turkey Sandwich<br>Potato Salad<br>Fresh Fruit Basket<br>Milk                                     | Yogurt<br>String Cheese<br>WG Crackers<br>Cucumbers & Ranch Dip<br>Peaches<br>Milk   |
| 11   | 12   | 13   | 14   | 15   |
| Yogurt<br>String Cheese<br>WG Crackers<br>Carrot Crunchers<br>Mixed Fruit Cup<br>Milk  | WG Grilled Chicken Sandwich<br>Corn & Black Bean Salad<br>Fresh Fruit Basket<br>Milk         | <b>*B* LOCAL WEDNESDAY</b><br>WG Turkey Ham & Cheese Sandwich<br>Tossed Green Farm Salad<br>Pears<br>Milk                                | Valentine's Day<br>WG Turkey Sandwich<br>Potato Salad<br>Fresh Fruit Basket<br>Cupid's Treat<br>Milk | Yogurt<br>String Cheese<br>WG Crackers<br>Cauliflower, Broccoli & Dip<br>Applesauce<br>Milk                                      |
| 18   | 19   | 20   | 21   | 22   |
|  |  | Mid-Winter Recess<br>No School   |  |  |
| 25   | 26   | 27   | 28   |  |
| Yogurt<br>String Cheese<br>WG Crackers<br>Carrot Crunchers<br>Chilled Pears<br>Milk  | American Cheese<br>WG Bagel<br>Mixed Bean Salad<br>Fresh Fruit Basket<br>Milk                | <b>*B* LOCAL WEDNESDAY</b><br><br>WG Turkey Ham Sandwich<br>Farm Fresh Spinach Salad<br>Applesauce<br>Milk<br>Happy Birthday Celebration | Turkey and Cheese WG Croissant<br>Potato Salad<br>Fresh Fruit Basket<br>Milk                         |  |
| 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.<br>2. VEGETABLE- includes choices of red, orange, dark green, starchy, and legumes. Serving size is 3/4 - 1 cup<br>3. FRUIT- includes fresh, frozen, canned in fruit juice or light syrup and juices. Serving size is 1/2 - 1 cup.<br>4. GRAIN- whole grain products such as: pasta, rice, and/or a variety of breads. Serving size is 1 - 2 servings.<br>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<br>Coordinator School Food Services<br>631-434-2316<br>We are an Equal<br>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</b>  |  |  |  |  |
| MENU SUBJECT TO CHANGE WITHOUT NOTICE  |  |  |  |  |