







Brentwood UFSD  
Food Service

 January 2018



**BREAKFAST  
MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Winter Recess</b> 	2 WG Cereal Bowl Craisins Fruit Punch MILK	3 Low Fat Yogurt WG Crackers Apple Slices Orange Juice MILK	4  WG Banana Muffin Fresh Banana Apple Juice MILK	5 WG Cereal Bowl Raisins Orange Juice MILK
8 WG Cereal Bowl Craisins Apple Juice MILK	9 Low Fat Yogurt WG Crackers Apple Slices Fruit Punch MILK	10 WG Cereal Bowl Fresh Banana Orange Juice MILK	11 WG Blueberry Muffin Raisins Apple Juice MILK 	12 WG Oatmeal Chip Bar Craisins Orange Juice MILK
15 <b>Martin Luther King Jr. Day</b> <b>Schools Closed</b> 	16 WG Cereal Bowl Raisins Fruit Punch MILK	17 Low Fat Yogurt WG Crackers Apple Slices Orange Juice MILK	18 WG Apple Cinnamon Muffin Fresh Banana Apple Juice MILK	19 WG Cereal Bowl Raisins Orange Juice MILK
20 WG Cereal Bar Craisins Apple Juice MILK 	21 Low Fat Yogurt WG Crackers Apple Slices Fruit Punch MILK	23 WG Cereal Bowl Fresh Banana Orange Juice MILK 	24 WG Banana Muffin Raisins Apple Juice MILK	25 WG Cereal Bowl Craisins Orange Juice MILK
29 WG Cereal Bar Raisins Apple Juice MILK	30 Low Fat Yogurt WG Crackers Apple Slices Fruit Punch MILK	31 WG Cereal Bowl Fresh Banana Orange Juice MILK	ALL STUDENTS ENCOURAGED TO ENJOY FREE BREAKFAST DAILY	

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**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

CARBOHYDRATE COUNTS IN GRAMS		VEGETABLES	FRUIT	DAIRY
<b>ENTRÉE</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 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	



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