

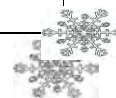
East K- Pine Park Kindergarten

12-18-17

Brentwood UFSD Food Service Lunch Menu



January 2018



*Food and Fitness
Fuel for a Lifetime*

Monday	Tuesday	Wednesday	Thursday	Friday
1 Winter Recess 	2 Hamburger/Cheeseburger WG Bun Mixed Bean Salad Peas Mixed Fruit Cup Milk	3 LOCAL WEDNESDAY Homemade Mac and Cheese Romaine & Garden Mix Salad Steamed Broccoli Applesauce Cup Milk	4 Brunch for Lunch WG French Toast Chicken Sausage Roasted Butternut Squash Hash Brown Potato Fresh Fruit Basket Milk	5 WG Individual Round Pizza Cucumber & Dip Chick Pea Salad Sliced Peaches Milk
8	9	10 LOCAL WEDNESDAY Pepperoni Pinwheel Tossed Farm Salad Mixed Vegetables Pears Milk	11 Chicken Vegetable Soup WG Bologna & Cheese Carrot Stix & Dip Potato Salad Fresh Fruit Basket Milk	12 WG Fresh Homemade Pizza Plain or Roasted Vegetable Steamed Broccoli Three Bean Salad Applesauce Milk
15 Martin Luther King Jr. Day Schools Closed 	16 Hamburger/Cheeseburger WG Bun Mixed Bean Salad Celery & Dip Mixed Fruit Cup Milk	17 LOCAL WEDNESDAY Chicken Nuggets on a WG Bun Roasted Potatoes Farm Fresh Spinach Salad Applesauce Milk	18 Brunch for Lunch WG Waffles Turkey Ham Steak Hash Brown Potato Glazed Carrots Fresh Fruit Basket Milk	19 WG Pizza Bagel Romaine Garden Salad Marinated Chick Peas Peaches Milk
22	23	24 LOCAL WEDNESDAY Homemade Baked Ziti WG French Bread Farm Fresh Kale & Apple Salad Glazed Carrots Pears Milk Happy Birthday Celebration	25 WG Turkey & Cheese Melt Potato Salad Green Bean Salad Mixed Bean Salad Fresh Fruit Basket Milk *Turkey & Cheese Melt	26 WG Pizzeria Style Pizza Plain or Broccoli Cucumber Salad Applesauce Milk
29 	30 Hot Dog on a WG Bun Baked Beans Sauerkraut Fresh Fruit Basket Milk	31 LOCAL WEDNESDAY WG Mozzarella Sticks & Dipping Sauce Pasta Marinara Farmers Mixed Green Salad Broccoli Mixed Fruit Cup Milk	LOCAL WEDNESDAY Long Island Farm Fresh Greens Are Being Served on Wednesdays at all Brentwood schools 	More Alternates: * Healthy Salad- Entrée * PowWowPak-Yogurt Fruit and WG Crackers Grab and Go Pak Cheese Sandwich Carol Ann Grodski, MS, RDN, CD/N Coordinator School Food Services 631-434-2316

WG= Whole Grain

BUFSD is an Equal Opportunity Employer

The 5 COMPONENTS OF SCHOOL LUNCH:

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.



FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY

STUDENTS ARE OFFERED ALL 5 COMPONENTS EVERY DAY FOR LUNCH. STUDENTS MUST TAKE AT LEAST 3 COMPONENTS. EACH STUDENT MUST TAKE A FRUIT OR A VEGETABLE AS ONE OF THE 3 COMPONENTS. STUDENTS ARE ENCOURAGED TO TAKE ALL 5 COMPONENTS AND CAN ASK FOR ADDITIONAL FRUITS AND VEGETABLES AT NO ADDITIONAL COST.

MENU SUBJECT TO CHANGE WITHOUT NOTICE