






**Elementary School**

12-8-17

|  <b>Brentwood UFSD Food Service</b><br><b>BREAKFAST JANUARY 2018</b>  |   |  |   |  |
|---|---|--|---|--|
| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
| <br><b>1</b><br><b>Winter Recess</b><br>                                  | <b>2</b><br><b>WG Cereal Bowl</b><br><br>Craisins<br>Fruit Punch<br>MILK                        | <b>3</b><br><b>Low Fat Yogurt</b><br><b>WG Crackers</b><br>Apple Slices<br>Orange Juice<br>MILK  | <b>4</b><br><b>WG Banana Muffin</b><br><br>Fresh Banana<br>Apple Juice<br>MILK          | <b>5</b><br><b>WG Cereal Bowl</b><br><b>WG Crackers</b><br>Raisins<br>Orange Juice<br>MILK   |
| <b>8</b><br><b>WG Cereal Bowl</b><br><br>Craisins<br>Apple Juice<br>MILK  | <b>9</b><br><b>Low Fat Yogurt</b><br><b>WG Crackers</b><br>Apple Slices<br>Fruit Punch<br>MILK  | <b>10</b><br><b>WG Cereal Bowl</b><br><br>Fresh Banana<br>Orange Juice<br>MILK                   | <b>11</b><br><b>WG Blueberry Muffin</b><br><br>Raisins<br>Apple Juice<br>MILK           | <b>12</b><br><b>WG Oatmeal Chip Bar</b><br><br>Craisins<br>Orange Juice<br>MILK              |
| <b>15</b><br><b>Martin Luther King Jr. Day</b><br><b>Schools Closed</b><br>  | <b>16</b><br><b>WG Cereal Bowl</b><br><br>Raisins<br>Fruit Punch<br>MILK                        | <b>17</b><br><b>Low Fat Yogurt</b><br><b>WG Crackers</b><br>Apple Slices<br>Orange Juice<br>MILK | <b>18</b><br><b>WG Apple Cinnamon Muffin</b><br><br>Fresh Banana<br>Apple Juice<br>MILK | <b>19</b><br><b>WG Cereal Bowl</b><br><b>WG Crackers</b><br>Raisins<br>Orange Juice<br>MILK  |
| <b>22</b><br><b>WG Cereal Bowl</b><br><br>Craisins<br>Apple Juice<br>MILK   | <b>23</b><br><b>Low Fat Yogurt</b><br><b>WG Crackers</b><br>Apple Slices<br>Fruit Punch<br>MILK | <b>24</b><br><b>WG Cereal Bowl</b><br><br>Fresh Banana<br>Orange Juice<br>MILK                   | <b>25</b><br><b>WG Banana Muffin</b><br><br>Raisins<br>Apple Juice<br>MILK              | <b>26</b><br><b>WG Cereal Bowl</b><br><b>WG Crackers</b><br>Craisins<br>Orange Juice<br>MILK |
| <b>29</b><br><b>WG Cereal Bowl</b><br><br>Raisins<br>Apple Juice<br>MILK  | <b>30</b><br><b>Low Fat Yogurt</b><br><b>WG Crackers</b><br>Apple Slices<br>Fruit Punch<br>MILK | <b>31</b><br><b>WG Cereal Bowl</b><br><br>Fresh Banana<br>Orange Juice<br>MILK                   | <b>ALL STUDENTS ENCOURAGED TO ENJOY FREE BREAKFAST DAILY</b>                            |  |

Carol Ann Grodski, MS, RDN, CD/N  
 Coordinator School Food Services 631-434-2316



**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

| CARBOHYDRATE COUNTS IN GRAMS          |   | VEGETABLES                | FRUIT                     | DAIRY                       |
|---------------------------------------|---|---------------------------|---------------------------|-----------------------------|
| ENTRÉE                                |   |                           |                           |                             |
| 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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