

		Elementary School			12-18-17
Brentwood UFSD Food Service Lunch Menu		January 2018			Food and Fitness Fuel for a Lifetime
Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	
Winter Recess  8 Popcorn Chicken on WG Bun Sweet Potato Tots Steamed Green Beans Mixed Fruit Cup Milk Sandwich of the Day WG Turkey with American Cheese	Pizza Crunchers Reg or Buffalo Pasta Marinara Mixed Bean Salad Peas Mixed Fruit Cup Milk Sandwich of the Day WG Turkey Ham w/wo Cheese	LOCAL WEDNESDAY WG Chicken Fajita Wrap WG Brown Rice Romaine & Garden Mix Salad Steamed Broccoli Applesauce Cup Milk Sandwich of the Day WG Bologna	Brunch for Lunch WG Cinnamon French Toast Sticks Chicken Sausage Roasted Butternut Squash Hash Brown Potato Fresh Fruit Basket Milk Sandwich of the Day WG Ranch Chicken Wrap	WG Individual Round Pizza Plain or Pepperoni Cucumber & Dip Chick Pea Salad Sliced Peaches Milk Sandwich of the Day WG Salami	
Martin Luther King Jr. Day Schools Closed  15 Chicken Parmigiana Hero Sweet Potato Fries Cheese Cauliflower Mixed Fruit Cup Milk Sandwich of the Day WG Turkey with American Cheese	Hamburger/Cheeseburger WG Bun Mixed Bean Salad Celery & Dip Mixed Fruit Cup Milk Sandwich of the Day WG Turkey Ham w/wo Cheese	LOCAL WEDNESDAY Chicken Nuggets on a WG Bun Roasted Potatoes Farm Fresh Spinach Salad Applesauce, Milk Sandwich of the Day WG Bologna	Quesadilla WG Pizza Glazed Carrots Potato Puffs Fresh Fruit Basket Milk Sandwich of the Day WG Ranch Chicken Wrap	WG Fresh Homemade Pizza Plain or Roasted Vegetable Steamed Broccoli Three Bean Salad Applesauce Milk Sandwich of the Day WG Salami	
22 Chicken Tenders on a WG Roll Brown Sugar Butternut Squash Baked Beans Frozen Fruit Cup Milk Sandwich of the Day WG Turkey with American Cheese	WG Soft Chicken Burrito Lettuce, Cheese & Salsa WG Brown Rice Refried Beans Plantains Fresh Fruit Basket Milk Sandwich of the Day WG Turkey Ham w/wo Cheese	LOCAL WEDNESDAY Homemade Baked Ziti WG French Bread Farm Fresh Kale & Apple Salad Glazed Carrots Pears, Milk Happy Birthday Celebration Sandwich of the Day WG Bologna	Brunch for Lunch Colby Cheese Omelet Turkey Ham Steak WG Kaiser Roll Hash Brown Potato Mixed Bean Salad Fresh Fruit Basket, Milk Sandwich of the Day WG Ranch Chicken Wrap	WG Pizzeria Style Pizza Plain or Broccoli Cucumber Salad Applesauce Milk Sandwich of the Day WG Salami	
29 Chicken Tenders on a WG Roll Brown Sugar Butternut Squash Baked Beans Frozen Fruit Cup Milk Sandwich of the Day WG Turkey with American Cheese	WG Max Taco Snax WG Brown Rice Mixed Bean Salad Fresh Salsa Fresh Fruit Basket Milk Sandwich of the Day WG Turkey Ham w/wo Cheese	LOCAL WEDNESDAY WG Mozzarella Sticks & Dipping Sauce Pasta Marinara Farmer's Mixed Green Salad Broccoli Mixed Fruit Cup Milk Sandwich of the Day WG Bologna	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, Tuna Salad Peanut Butter & Jelly Sandwich Sun Butter & Jelly Sandwich	
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					