



Brentwood UFSD
Food Service



January 2018

**BREAKFAST
MENU**

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Winter Recess 8	WG Cereal Bowl Craisins Fruit Punch MILK 9	Low Fat Yogurt Apple Slices Orange Juice MILK 10	WG Banana Muffin Fresh Banana Apple Juice MILK 11	WG Cereal Bowl Raisins Orange Juice MILK 12
WG Cereal Bar Craisins Apple Juice MILK 15	Low Fat Yogurt Apple Slices Fruit Punch MILK 16	WG Cereal Bowl Fresh Banana Orange Juice MILK 17	WG Blueberry Muffin Fresh Banana Apple Juice MILK 18	WG Cereal Bowl Craisins Orange Juice MILK 19
Martin Luther King Jr. Day Schools Closed 22	WG Cereal Bowl Craisins Fruit Punch MILK 23	Low Fat Yogurt Apple Slices Orange Juice MILK 24	WG Apple Cinnamon Muffin Fresh Banana Apple Juice MILK 25	WG Cereal Bowl Raisins Orange Juice MILK 26
WG Cereal Bar Craisins Apple Juice MILK 29	Low Fat Yogurt Apple Slices Fruit Punch MILK 30	WG Cereal Bowl Fresh Banana Orange Juice MILK 31	WG Banana Muffin Raisins Apple Juice MILK	WG Cereal Bowl Craisins Orange Juice MILK
WG Cereal Bar Raisins Apple Juice MILK 	Low Fat Yogurt Apple Slices Fruit Punch MILK	WG Cereal Bowl Fresh Banana Orange Juice MILK	ALL STUDENTS ARE ENCOURAGED TO ENJOY FREE BREAKFAST DAILY	Carol Ann Grodski, MS, RDN, CD/N Coordinator School Food Services 2316 631-434-

CARBOHYDRATE COUNTS IN GRAMS

ENTRÉE

Macaroni & Cheese(2/3c)-28
Pasta/Meatballs/Sauce(1/2c)-25
Pizza Crunchers/Spagh(1/2c)/Sauce-62
French Bread Pizza-33
Mozzarella Stks/Spagh (1/2c)/Sauce-52
Whole Wheat Cheese Pizza-29
Beef Nachos/scoops/toppings-27
Cheeseburger on WW Bun-28
Mini-Burger Slider With Cheese-31
Tacos with Scoops/Toppings-24
Turkey Ham & Cheese Melt-31
Chicken Nuggets-15
Grilled Chicken Patty on WW Bun-26
WG Chicken Pattie on WW Bun-38
Hot Spicy Chicken Patty/WW Bun-37
Tuna Salad Wrap-35
Grilled Cheese Sandwich-32
French Toast with Syrup-57
Fish&Cheese Melt/WW Bun-39
Corn Dogs-31
Oven Roasted Chicken-10
Baked Ziti(3/4c)-51

VEGETABLES

Broccoli(1/2c)-5
Carrots(1/2c)-4
Cauliflower(1/2c)-5
Green Beans(1/2c)-4
Mixed Vegetables(1/2c)-10
Peas(1/2c)-12
Butternut Squash(1/2c)-9
Zucchini(1/2c)-2
Spinach(1/2c)-5
Corn(1/2c)-17
Vegetarian Beans(1/2c)-22
Mixed Bean Salad(1/2c)-15
Caesar Salad(3/4c)-7
Dark Green Salad & Dressing(3/4c)-10
Mashed Potatoes(1/2c)-14
Hash Browns(1piece)-17
Oven Baked Fries(1/2c)-22
Oven Roasted Potatoes(1/2c)-19
Rice&Beans(3/4c)-30
Plantains(2)-22
Sweet Potatoes(1/2c)-25
Sweet Potato Bites(11)-26
Sweet Potato Fries(1/2c)-13
Tator Tots(1/2c)-16

FRUIT

Apple Juice(4oz)-14
Orange Juice(4oz)-12
Fruit Juice(4oz)-15
Grape Juice(4oz)-19
Applesauce(1/2c)-14
Fruit Cocktail(1/2c)-14
Mandarin Oranges(1/2c)-15
Sliced Peaches(1/2c)-14
Sliced Pears(1/2c)-15
Pineapple Chunks(1/2c)-17
Raisins(1 box)-30
Fresh Apple-29
Fresh Orange-15
Fresh Banana-30
Fresh Pear-28

DAIRY

1% White Milk(8oz)-13
Skim Milk(8oz)-13
FF Chocolate Milk(8oz)-22
FF Strawberry Milk(8oz)-22
Yogurt-16

CONDIMENTS

Ketchup packet-3
LT Ranch Dressing(2tbs)-6
LT Italian Dressing(2tbs)-2
Syrup(1oz)-25
Salsa(2tbs)-2

GRAIN

WW Bread(1sl)-12
WW Hamburger Bun-25
WW Club Roll(2oz)-28
WW Club Roll(3oz)-41
WW Kaiser Roll(2oz)-28
WW Kaiser Roll (3oz)-35
WW Torpedo Roll(3oz)-48
WW Italian Bread(1oz)-15
Scoops(1bag)-19
Churros (1/2)-6
Pasta Salad(1/2c)-22
Brown Rice(1/2c)-22
WW Bagel(4oz)-59
WW Tortilla(8inch)-19

MENU SUBJECT TO CHANGE WITHOUT NOTICE

