

Family Service League/Shepherds Gate/MDQ

12-18-17

Brentwood UFSD Food Service Lunch Menu



*Food and Fitness
Fuel for a Lifetime*

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>Winter Recess</p>	<p>WG Salami Sandwich Chick Pea Salad Mixed Fruit Cup Milk</p>	<p>LOCAL WEDNESDAY WG Turkey Ham Sandwich Romaine & Garden Mix Salad Applesauce Cup Milk</p>	<p>WG Turkey & Cheese Sandwich Potato Salad Fresh Fruit Basket Milk</p>	<p>WG Bologna Sandwich Cucumbers & Dip Sliced Peaches Milk</p>
8	9	10	11	12
<p>Yogurt WG Crackers Carrot Crunchers Mixed Fruit Cup Milk</p>	<p>WG Grilled Chicken Sandwich Corn & Black Bean Salad Fresh Fruit Basket Milk</p>	<p>LOCAL WEDNESDAY WG Turkey Ham & Cheese Sandwich Tossed Farm Salad Pears Milk</p>	<p>WG Turkey Sandwich Potato Salad Fresh Fruit Basket Milk</p>	<p>Mozzarella Cheese & Veggie Wrap Cauliflower & Broccoli Dip Applesauce Milk</p>
15	16	17	18	19
<p>Martin Luther King Jr. Day Schools Closed</p>	<p>Colby Jack Cheese Chunks WG Bagel Mixed Bean Salad Mixed Fruit Cup Milk</p>	<p>LOCAL WEDNESDAY WG Turkey Ham Sandwich Farm Fresh Spinach Salad Applesauce Milk</p>	<p>WG Turkey and Cheese sandwich Potato Salad Fresh Fruit Basket Milk</p>	<p>WG Bologna Sandwich Celery Sticks & Dip Peaches Milk</p>
22	23	24	25	26
<p>Yogurt WG Crackers Carrot Crunchers Mixed Fruit Cup Milk</p>	<p>WG Salami Sandwich Chick Pea Salad Fresh Fruit Basket Milk</p>	<p>LOCAL WEDNESDAY WG Turkey Ham & Cheese Sandwich Farm Fresh Kale & Apple Salad Chilled Pears Milk</p>	<p>WG Turkey Sandwich Potato Salad Fresh Fruit Basket Milk</p>	<p>WG Bologna & Cheese Sandwich Cucumber Salad Applesauce Milk</p>
29	30	31	LOCAL WEDNESDAY	LOCAL WEDNESDAY
<p>Yogurt WG Crackers Carrot Crunchers Sliced Peaches Milk</p>	<p>WG Grilled Chicken Sandwich Corn & Black Bean Salad Fresh Fruit Basket Milk</p>	<p>LOCAL WEDNESDAY WG Turkey Ham Sandwich Farmers Mixed Green Salad Mixed Fruit Cup Milk</p>	<p>Long Island Farm Fresh Greens Are Being Served on Wednesdays at all Brentwood schools</p>	<p style="font-size: small;">Carol Ann Grodski, MS, RDN, CD/N Coordinator School Food Services 631-434-2316</p>

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

ALL SANDWICHES ARE MADE ON WHOLE GRAIN BREAD

MENU SUBJECT TO CHANGE WITHOUT NOTICE