

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
<p>Winter Recess Happy New Year</p>	Pizza Crunchers Reg or Buffalo Pasta Marinara Mixed Bean Salad Peas Mixed Fruit Cup, Milk Sandwich of the Day Turkey Ham/Cheddar WG Kaiser Melt WG Turkey Ham w/wo Cheese	<p>LOCAL WEDNESDAY WG Chicken Fajita Wrap WG Brown Rice Romaine & Garden Mix Salad Steamed Broccoli Applesauce, Milk Sandwich of the Day WG Meatball Parm Hero WG Bologna</p>	<p>Brunch for Lunch WG Cinnamon French Toast Sticks Chicken Sausage, Crispy Hash Brown Roasted Butternut Squash Fresh Fruit Basket Milk Sandwich of the Day BBQ Chix/Cheese/Bacon on WG Roll WG Ranch Chicken Wrap</p>	WG Individual Round Pizza Plain or Pepperoni Cucumber & Dip Chick Pea Salad Sliced Peaches Milk Sandwich of the Day Italian Combo WG Club Roll Melt WG Salami
8	9	10	11	12
Popcorn Chicken on WG Roll Sweet Potato Tots Steamed Green Beans Mixed Fruit Cup, Milk Sandwich of the Day Turkey & Cheese WG Flatbread Melt WG Turkey with American Cheese	Turkey Nachos with WG Scoops WG Brown Rice Lettuce, Cheese & Salsa Corn & Black Bean Salsa Fresh Fruit Basket, Milk Sandwich of the Day Turkey Ham/Cheddar WG Kaiser Melt WG Turkey Ham w/wo Cheese	<p>LOCAL WEDNESDAY Pepperoni Pinwheel Tossed Farm Salad Mixed Vegetables Pears Milk Sandwich of the Day Steak Cheddar Horseradish Dip WG Bologna</p>	Quesadilla WG Pizza Glazed Carrots, Potato Puffs Fresh Fruit Basket Milk Sandwich of the Day BBQ Chix/Cheese/Bacon on WG Roll WG Ranch Chicken Wrap	<p>LOCAL WEDNESDAY WG Fresh Homemade Pizza Plain or Roasted Vegetable Steamed Broccoli Three Bean Salad Applesauce, Milk Sandwich of the Day Italian Combo WG Club Roll Melt WG Salami</p>
15	16	17	18	19
<p>Martin Luther King Jr. Day Schools Closed</p>	Hamburger/Cheeseburger WG Bun Mixed Bean Salad Celery & Dip Mixed Fruit Cup, Milk Sandwich of the Day Turkey Ham/Cheddar WG Kaiser Melt WG Turkey Ham w/wo Cheese	<p>LOCAL WEDNESDAY Chicken Nuggets on a WG Bun Farm Fresh Spinach Salad Applesauce Milk Sandwich of the Day WG Meatball Parm Club Hero WG Bologna</p>	Homemade Lentil Soup Hot Dog on a WG Bun Homemade Mac & Cheese WG Garlic Breadstick Glazed Carrots Fresh Fruit Basket, Milk Sandwich of the Day BBQ Chix/Cheese/Bacon on WG Roll WG Ranch Chicken Wrap	WG Pizza Bagel Plain or Pepperoni Romaine Garden Salad Marinated Chick Peas Peaches Milk Sandwich of the Day Italian Combo WG Club Roll Melt WG Salami
22	23	24	25	26
<p>THE MENU BELOW IS FOR THE FRESHMAN CENTER ONLY. THE HIGH SCHOOLS WILL HAVE A MODIFIED REGENTS MENU</p>				
Chicken Parmigiana Hero Sweet Potato Fries Cheese Cauliflower Mixed Fruit Cup Milk Sandwich of the Day Turkey & Cheese WG Flatbread Melt WG Turkey with American Cheese	WG Soft Chicken or Steak Burrito Lettuce, Cheese & Salsa WG Brown Rice, Refried Beans Plantains Fresh Fruit Basket, Milk	<p>LOCAL WEDNESDAY Homemade Baked Ziti WG French Bread Farm Fresh Kale & Apple Salad Glazed Carrots, Pears, Milk Happy Birthday Celebration</p>	<p>Brunch for Lunch Colby Cheese Omelet Turkey Ham Steak WG Kaiser Roll Hash Brown Potato, Mixed Bean Salad Fruit Basket, Milk</p>	<p>WG Pizzeria Style Pizza Plain or Broccoli Cucumber Salad Applesauce Milk</p>
<p>ABOVE MENU IS FOR THE FRESHMAN CENTER. THE HIGH SCHOOL MENU WILL BE MODIFIED FOR DURING REGENTS EXAMS</p>				
Turkey & Cheese WG Flatbread Melt WG Turkey with American Cheese	Turkey Ham/Cheddar WG Kaiser Melt WG Turkey Ham w/wo Cheese	WG Steak Onion & Pepper Hero WG Bologna	BBQ Chix/Cheese/Bacon on WG Roll WG Ranch Chicken Wrap	Italian Combo WG Club Roll Melt WG Salami
29	30	31		
<p>LOCAL WEDNESDAY Chicken Tenders WG Roll Brown Sugar Butternut Squash Baked Beans Frozen Fruit Cup, Milk Sandwich of the Day Turkey & Cheese WG Flatbread Melt WG Turkey with American Cheese</p>	WG Max Taco Snax WG Brown Rice Mixed Bean Salad Salsa Fresh Fruit Basket, Milk Sandwich of the Day Turkey Ham/Cheddar WG Kaiser Melt WG Turkey Ham w/wo Cheese	<p>LOCAL WEDNESDAY WG Mozzarella Sticks & Dipping Sauce Pasta Marinara Farmers Mixed Green Salad Broccoli Mixed Fruit Cup, Milk Sandwich of the Day WG Meatball Parm Hero WG Bologna</p>	<p>LOCAL WEDNESDAY Long Island Farm Fresh Greens Are Being Served on Wednesdays at all Brentwood schools</p>	<p>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</p>
WG= Whole Grain		BUFSB is an Equal Opportunity Employer		
<p>The 5 COMPONENTS OF SCHOOL LUNCH:</p>				
<p>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.</p>				
<p>FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY</p>				
<p>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.</p>				
<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>				



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