

Brentwood UFSD Food Service
Lunch Menu



January 2018



Food and Fitness
Fuel for a Lifetime

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Winter Recess</p> <p>Happy New Year</p>	<p>2</p> <p>Pizza Crunchers Reg or Buffalo Pasta Marinara Mixed Bean Salad Peas Mixed Fruit Cup Milk</p> <p>Sandwich of the Day WG Turkey Ham w/wo Cheese</p>	<p>3 LOCAL WEDNESDAY</p> <p>WG Chicken Fajita Wrap WG Brown Rice Romaine & Garden Mix Salad Steamed Broccoli Applesauce Cup Milk</p> <p>Sandwich of the Day WG Bologna</p>	<p>4</p> <p>Brunch for Lunch WG Cinnamon French Toast Sticks Chicken Sausage Roasted Butternut Squash Hash Brown Potato Fresh Fruit Basket Milk</p> <p>Sandwich of the Day WG Ranch Chicken Wrap</p>	<p>5</p> <p>WG Individual Round Pizza Plain or Pepperoni Cucumber & Dip Chick Pea Salad Sliced Peaches Milk</p> <p>Sandwich of the Day WG Salami</p>
<p>8</p> <p>Popcorn Chicken on WG Bun Sweet Potato Tots Steamed Green Beans Mixed Fruit Cup Milk</p> <p>Sandwich of the Day WG Turkey with American Cheese</p>	<p>9</p> <p>Turkey Nachos with WG Scoops WG Brown Rice Lettuce, Cheese & Salsa Corn & Black Bean Salsa Fresh Fruit Basket Milk</p> <p>Sandwich of the Day WG Turkey Ham w/wo Cheese</p>	<p>10</p> <p>3 LOCAL WEDNESDAY</p> <p>Pepperoni Pinwheel Tossed Farm Salad Mixed Vegetables Pear Milk</p> <p>Sandwich of the Day WG Bologna</p>	<p>11</p> <p>Quesadilla WG Pizza Glazed Carrots Potato Puffs Fresh Fruit Basket Milk</p> <p>Sandwich of the Day WG Ranch Chicken Wrap</p>	<p>12</p> <p>WG Fresh Homemade Pizza Plain or Roasted Vegetable Steamed Broccoli Three Bean Salad Applesauce Milk</p> <p>Sandwich of the Day WG Salami</p>
<p>15</p> <p>Martin Luther King Jr. Day Schools Closed</p>	<p>16</p> <p>Hamburger/Cheeseburger WG Bun Mixed Bean Salad Celery & Dip Mixed Fruit Cup Milk</p> <p>Sandwich of the Day WG Turkey Ham w/wo Cheese</p>	<p>17</p> <p>3 LOCAL WEDNESDAY</p> <p>Chicken Nuggets on a WG Bun Roasted Potatoes Farm Fresh Spinach Salad Applesauce, Milk</p> <p>Sandwich of the Day WG Bologna</p>	<p>18</p> <p>Homemade Lentil Soup Homemade Mac & Cheese WG Garlic Breadstick Glazed Carrots Fresh Fruit Basket Milk</p> <p>Sandwich of the Day WG Ranch Chicken Wrap</p>	<p>19</p> <p>WG Pizza Bagel Plain or Pepperoni Romaine Garden Salad Marinated Chick Peas Peaches Milk</p> <p>Sandwich of the Day WG Salami</p>
<p>22</p> <p>Chicken Parmigiana Hero Sweet Potato Fries Cheese Cauliflower Mixed Fruit Cup Milk</p> <p>Sandwich of the Day WG Turkey with American Cheese</p>	<p>23</p> <p>WG Soft Chicken or Steak Burrito Lettuce, Cheese & Salsa WG Brown Rice Refried Beans Plantains Fresh Fruit Basket Milk</p> <p>Sandwich of the Day WG Turkey Ham w/wo Cheese</p>	<p>24</p> <p>3 LOCAL WEDNESDAY</p> <p>Homemade Baked Ziti WG French Bread Farm Fresh Kale & Apple Salad Glazed Carrots Pears, Milk</p> <p>Happy Birthday Celebration</p> <p>Sandwich of the Day WG Bologna</p>	<p>25</p> <p>Brunch for Lunch Colby Cheese Omelet Turkey Ham Steak WG Kaiser Roll Hash Brown Potato Mixed Bean Salad Fresh Fruit Basket, Milk</p> <p>Sandwich of the Day WG Ranch Chicken Wrap</p>	<p>26</p> <p>WG Pizzeria Style Pizza Plain or Broccoli Cucumber Salad Applesauce Milk</p> <p>Sandwich of the Day WG Salami</p>
<p>29</p> <p>Chicken Tenders on a WG Roll Brown Sugar Butternut Squash Baked Beans Frozen Fruit Cup Milk</p> <p>Sandwich of the Day WG Turkey with American Cheese</p>	<p>30</p> <p>WG Max Taco Snax WG Brown Rice Mixed Bean Salad Fresh Salsa Fresh Fruit Basket Milk</p> <p>Sandwich of the Day WG Turkey Ham w/wo Cheese</p>	<p>31</p> <p>3 LOCAL WEDNESDAY</p> <p>WG Mozzarella Sticks & Dipping Sauce Pasta Marinara Farmer's Mixed Green Salad Broccoli Mixed Fruit Cup Milk</p> <p>Sandwich of the Day WG Bologna</p>	<p>3 LOCAL WEDNESDAY</p> <p>Long Island Farm Fresh Greens Are Being Served on Wednesdays at all Brentwood schools</p>	<p>More Alternates:</p> <ul style="list-style-type: none"> * Healthy Salad- Entrée * PowWowPak-Yogurt, Fruit and WG Crackers Grab and Go Pak Cheese Sandwich, Tuna Salad Plate Peanut Butter & Jelly Sandwich Sun Butter & Jelly Sandwich

WG= Whole Grain

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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