

Freshman Center and High School

10/26/2018

**Brentwood UFSD
Food Service**

NOVEMBER 2018

**BREAKFAST
MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG Muffin	2 WG Oatmeal Bar
			OR Warm Fresh WG Cinnamon Ring Apple Juice MILK	OR Egg/Cheese Sandwich Raisins Orange Juice MILK
5	6	7	8	9
WG Oatmeal Bar	Election Day Conference Day No School for Students	WG Muffin	WG Cereal Bowl WG Crackers	WG Oatmeal Bar
OR WG Pancakes Craisins Apple Juice MILK		OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK	OR Warm Fresh WG Cinnamon Ring Apple Juice MILK	OR Egg/Cheese Sandwich Craisins Orange Juice MILK
12		13	14	15
VETERAN'S DAY NO SCHOOL	WG Cereal Bowl WG Crackers	WG Cereal Bar WG Crackers	WG Cereal Bowl WG Crackers	WG Oatmeal Bar
	OR Turkey Sausage & Cheese on WG Roll Applesauce Cup Fruit Punch, MILK	OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK	OR Warm Fresh WG Cinnamon Ring Apple Juice MILK	OR Egg/Cheese Sandwich Raisins Orange Juice MILK
	19	20	21	22
WG Oatmeal Bar	WG Cereal Bowl WG Crackers	🌸🌸🌸	THANKSGIVING HOLIDAY	🌸🌸🌸
OR WG Pancakes Craisins Apple Juice MILK	OR Turkey Sausage & Cheese on WG Roll Apple Fruit Punch, MILK			
26	27	28	29	30
WG Oatmeal Bar	WG Cereal Bowl WG Crackers	WG Cereal Bar WG Crackers	WG Cereal Bowl WG Crackers	WG Oatmeal Bar
OR WG French Toast Sticks Raisins Apple Juice MILK	OR Turkey Sausage & Cheese on WG Roll Applesauce Cup Fruit Punch, MILK	OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK	OR Warm Fresh WG Cinnamon Ring Apple Juice MILK	OR Egg/Cheese Sandwich Raisins Orange Juice MILK

WG= Whole Grain

BUFSD is an Equal Opportunity Employer

CARBOHYDRATE COUNTS IN GRAMS

ENTRÉE	VEGETABLES	FRUIT	DAIRY
Macaroni & Cheese(2/3c)-28	Broccoli(1/2c)-5	Apple Juice(4oz)-14	1% White Milk(8oz)-13
Pasta/Meatballs/Sauce(1/2c)-25	Carrots(1/2c)-4	Orange Juice(4oz)-12	Skim Milk(8oz)-13
Pizza Crunchers/Spagh(1/2c)/Sauce-62	Cauliflower(1/2c)-5	Fruit Juice(4oz)-15	FF Chocolate Milk(8oz)-22
French Bread Pizza-33	Green Beans(1/2c)-4	Grape Juice(4oz)-19	FF Strawberry Milk(8oz)-22
Mozzarella Stks/Spagh (1/2c)/Sauce-52	Mixed Vegetables(1/2c)-10	Applesauce(1/2c)-14	Yogurt-16
Whole Wheat Cheese Pizza-29	Peas(1/2c)-12	Fruit Cocktail(1/2c)-14	CONDIMENTS
Beef Nachos/scoops/toppings-27	Butternut Squash(1/2c)-9	Mandarin Oranges(1/2c)-15	Ketchup packet-3
Cheeseburger on WW Bun-28	Zucchini(1/2c)-2	Sliced Peaches(1/2c)-14	LT Ranch Dressing(2tbs)-6
Mini-Burger Slider With Cheese-31	Spinach(1/2c)-5	Sliced Pears(1/2c)-15	LT Italian Dressing(2tbs)-2
Tacos with Scoops/Toppings-24	Corn(1/2c)-17	Pineapple Chunks(1/2c)-17	Syrup(1oz)-25
Turkey Ham & Cheese Melt-31	Vegetarian Beans(1/2c)-22	Raisins(1 box)-30	Salsa(2tbs)-2
Chicken Nuggets-15	Mixed Bean Salad(1/2c)-15	Fresh Apple-29	GRAIN
Grilled Chicken Patty on WW Bun-26	Caesar Salad(3/4c)-7	Fresh Orange-15	WW Bread(1sl)-12
WG Chicken Pattie on WW Bun-38	Dark Green Salad & Dressing(3/4c)-10	Fresh Banana-30	WW Hamburger Bun-25
Hot Spicy Chicken Patty/WW Bun-37	Mashed Potatoes(1/2c)-14	Fresh Pear-28	WW Club Roll(2oz)-28
Tuna Salad Wrap-35	Hash Browns(1piece)-17		WW Club Roll(3oz)-41
Grilled Cheese Sandwich-32	Oven Baked Fries(1/2c)-22		WW Kaiser Roll(2oz)-28
French Toast with Syrup-57	Oven Roasted Potatoes(1/2c)-19		WW Kaiser Roll (3oz)-35
Fish&Cheese Melt/WW Bun-39	Rice&Beans(3/4c)-30		WW Torpedo Roll(3oz)-48
Corn Dogs-31	Plantains(2)-22		WW Italian Bread(1oz)-15
Oven Roasted Chicken-10	Sweet Potatoes(1/2c)-25		Scoops(1bag)-19
Baked Ziti(3/4c)-51	Sweet Potato Bites(11)-26		Churros (1/2)-6
	Sweet Potato Fries(1/2c)-13		Pasta Salad(1/2c)-22
	Tator Tots(1/2c)-16		Brown Rice(1/2c)-22
			WW Bagel(4oz)-59
			WW Tortilla(8inch)-19

MENU SUBJECT TO CHANGE WITHOUT NOTICE