

# Freshman Center and High School

10/26/2018

## Brentwood UFSD Food Service Lunch Menu

# NOVEMBER 2018

**Food and Fitness  
Fuel for a Lifetime**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<b>*B* LOCAL Long Island Farm Fresh Greens Are Being Served on Wednesdays &amp; NEW YORK APPLES are in the Fresh Fruit Basket at all Brentwood schools</b>	<b>More Alternates:</b> * Healthy Salad- Entrée * PowWowPak-Yogurt, Fruit and WG Crackers *Vegan Burger *Cheese Sandwich *Peanut Butter & Jelly Sandwich *Sun Butter & Jelly Sandwich	<b>Student Lunch Prices:</b> Reduced: \$0.00 Full Price: \$1.30 Additional Lunch: \$2.75 Adult Lunch \$3.75+tax	<b>Brunch for Lunch</b> French Toast Sticks Turkey Bacon, Plantains Cinnamon Mashed Sweet Potatoes Fresh Fruit Basket Milk WG Sandwich of the Day BBQ Chix/Cheese/TurkeyBacon on Roll Chicken Wrap	WG French Bread Pizza Plain Or Pepperoni Celery & Ranch Dip Sweet Peas Pears Milk WG Sandwich of the Day Hot Ham,Turkey,Monteray Jack CheeseClub WG Salami
5	6	7	8	9
Chicken Nugget Bites WG Brown Rice Green Bean Salad Carrot Coins Applesauce Milk WG Sandwich of the Day Turkey&Cheese WG Club Roll Melt Turkey with American Cheese	<b>Election Day Conference Day No School for Students</b>	<b>*B* LOCAL WEDNESDAY</b> Pasta with Meat Sauce WG French Bread Braised Greens and Beans Steamed Corn Peaches Milk WG Sandwich of the Day Steak and Egg Hero Italian Combo	<b>New Item</b> WG Corn Dog Sweet Potato Crinkle Fries Baked Beans Fresh Fruit Basket Milk WG Sandwich of the Day Chicken & American Ch Melt Chicken on a Kaiser Roll	WG Pizzeria Style Pizza Plain or Spinach Spinach Salad Roasted Cauliflower Mixed Fruit Cup Milk WG Sandwich of the Day <b>Chef's Choice</b> WG Salami
12	13	14	15	16
<b>VETERAN'S DAY NO SCHOOL</b>	Taco Max Snax WG Brown Rice Mixed Bean Salad Sweet Peas Fresh Fruit Basket Milk WG Sandwich of the Day Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese	<b>*B* LOCAL WEDNESDAY</b> Chicken Tenders on a WG Bun Romaine & Garden Mix Salad Steamed Broccoli Applesauce Cup Milk WG Sandwich of the Day Buffalo Pizza Crunchers Steak & Cheese	<b>New Item</b> <b>Brunch for Lunch</b> Confetti Pancakes Chicken Sausage Potato Oven Fries Roasted Butternut Squash Fresh Fruit Basket, Milk WG Sandwich of the Day BBQ Chix/Cheese/TurkeyBacon on Roll Chicken Wrap	WG Fresh Homemade Pizza Plain or Pepperoni Cucumbers & Ranch Dip Chick Pea Salad Peaches Milk WG Sandwich of the Day Hot Italian Club Hero WG Salami
19	20	21	22	23
Chicken Patty- Classic or Spicy WG Roll Sweet Potato Waffle Fries Steamed Green Beans Mixed Fruit Cup Milk WG Sandwich of the Day Turkey&Cheese WG Club Roll Melt Turkey&Turkey BLT	Turkey Nachos WG Tortilla Chips WG Brown Rice Lettuce, Cheese & Salsa Corn & Black Bean Salad Fresh Fruit Basket, Milk WG Sandwich of the Day Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese		THANKSGIVING HOLIDAY	
26	27	28	29	30
Chicken Nuggets on WG Roll Sweet Potato Tots Green Beans Chilled Pears Milk WG Sandwich of the Day Turkey&Cheese WG Club Roll Melt Turkey with American Cheese	<b>New Item</b> Chicken and Cheese Taquito WG Brown Rice Mixed Bean Salad Celery & Dip Fresh Fruit Basket Milk WG Sandwich of the Day Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese	<b>*B* LOCAL WEDNESDAY</b> Breaded Mozzarella Sticks Pasta Marinara Farm Fresh Spinach Salad Sweet Corn Applesauce, Milk Happy Birthday Celebration WG Sandwich of the Day Teriyaki Steak & Cheese Bologna & Cheese	WG Turkey, Turkey Bacon and Cheese Melt on a Pretzel Roll Potato Smiles Glazed Carrots Fresh Fruit Basket Milk WG Sandwich of the Day <b>Chef's Choice</b> Chicken Wrap	WG Pizza Bagel Plain Or Pepperoni Romaine Garden Salad Marinated Chick Peas Peaches Milk WG Sandwich of the Day Buffalo Pizza Crunchers WG Salami

WG= Whole Grain

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### The 5 COMPONENTS OF SCHOOL LUNCH: FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY

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.

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ALL SANDWICHES ARE MADE ON WHOLE GRAIN BREAD

MENU SUBJECT TO CHANGE WITHOUT NOTICE