

## East K- Pine Park Kindergarten

10/26/2018

**Brentwood UFSD  
Food Service**

# NOVEMBER 2018

**BREAKFAST  
MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Carol Ann Grodski, MS, RDN, CDN/N Coordinator School Food Services 631-434-2316 We are an Equal Opportunity Employer			WG Muffin	WG Oatmeal Bar
			Craisins Apple Juice MILK	Raisins Orange Juice MILK
5	6	7	8	9
WG Oatmeal Bar  Craisins Apple Juice MILK	<b>Election Day Conference Day No School for Students</b>	WG Muffin  Fresh Banana Orange Juice MILK	WG Cereal Bowl WG Crackers Raisins Apple Juice MILK	WG Oatmeal Bar  Craisins Orange Juice MILK
12	13	14	15	16
<b>VETERAN'S DAY NO SCHOOL</b>	WG Cereal Bowl WG Crackers Applesauce Cup Fruit Punch MILK	WG Cereal Bar WG Crakers Fresh Banana Orange Juice MILK	WG Cereal Bowl WG Crackers Craisins Apple Juice MILK	WG Oatmeal Bar  Raisins Orange Juice MILK
19	20	21	22	23
WG Oatmeal Bar  Craisins Apple Juice MILK	WG Cereal Bowl WG Crackers Apple Fruit Punch MILK	🌀🌀🌀🌀	THANKSGIVING HOLIDAY	🌀🌀🌀🌀
26	27	28	29	30
WG Oatmeal Bar  Raisins Apple Juice MILK	WG Cereal Bowl WG Crackers Applesauce Cup Fruit Punch MILK	WG Cereal Bar WG Crackers Fresh Banana Orange Juice MILK	WG Cereal Bowl WG Crackers Craisins Apple Juice MILK	WG Oatmeal Bar  Raisins Orange Juice MILK

WG= Whole Grain

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**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	<b>CONDIMENTS</b>
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	<b>GRAIN</b>
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)-6		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