

East K- Pine Park Kindergarten

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 LOCAL Long Island Farm Fresh Greens Are Being Served on Wednesdays & NEW YORK APPLES are in the Fresh Fruit Basket at all Brentwood schools	Reduced: \$0.00 Full Price: \$1.30 Additional Lunch: \$2.75	More Alternates: *Healthy Salad- Entrée *PowWowPak-Yogurt Fruit and WG Crackers Grab and Go Pak *Cheese Sandwich	Brunch for Lunch French Toast Sticks Ham Plantains Cinnamon Mashed Sweet Potatoes Fresh Fruit Basket Milk	WG Rectangle Pizza Bread Pizza Plain or Pepperoni Celery & Ranch Dip Sweet Peas Peas Milk
5	6	7	8	9
Chicken Nugget Bites WG Brown Rice Green Bean Salad Carrot Coins Applesauce Milk	Election Day Conference Day No School for Students	*B* LOCAL WEDNESDAY New Item Pasta with Meat Sauce WG French Bread Braised Greens and Beans Steamed Corn Peaches Milk	WG Corn Dog Sweet Potato Crinkle Fries Baked Beans Fresh Fruit Basket Milk	WG Pizzeria Style Pizza Plain or Spinach Spinach Salad Roasted Cauliflower Mixed Fruit Cup Milk
12	13	14	15	16
VETERAN'S DAY NO SCHOOL	Taco Max Snax WG Brown Rice Mixed Bean Salad Sweet Peas Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY New Item Chicken Tenders on a WG Bun Romaine & Garden Mix Salad Steamed Broccoli Applesauce Cup Milk	Brunch for Lunch Confetti Pancakes Chicken Sausage Potato Oven Fries Roasted Butternut Squash Fresh Fruit Basket Milk	WG Fresh Homemade Pizza Plain or Pepperoni Cucumbers & Ranch Dip Chick Pea Salad Peaches Milk
19	20	21	22	23
Chicken Patty on WG Bun Sweet Potato Waffle Fries Steamed Green Beans Mixed Fruit Cup Milk	Turkey Nachos WG Tortilla Chips Lettuce, Cheese & Salsa Corn & Black Bean Salad Fresh Fruit Basket Milk		THANKSGIVING HOLIDAY	
26	27	28	29	30
Chicken Nuggets on WG Roll Sweet Potato Tots Green Beans Chilled Pears Milk	<i>New Item</i> Chicken and Cheese Taquito WG Brown Rice Mixed Bean Salad Celery & Dip Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY Breaded Mozzarella Sticks Pasta Marinara Farm Fresh Spinach Salad Sweet Corn Applesauce Milk Happy Birthday Celebration	WG Turkey, Turkey Bacon and Cheese Melt on a Pretzel Roll Potato Smiles Glazed Carrots Fresh Fruit Basket Milk	WG Pizza Bagel Plain Or Pepperoni Romaine Garden Salad Marinated Chick Peas Peaches Milk

WG= Whole Grain

BUFSD is an Equal Opportunity Employer

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.

Carol Ann Grodski, MS, RDN, CDN/N
 Coordinator School Food Services
 631-434-2316
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FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY

ALL SANDWICHES ARE MADE ON WHOLE GRAIN BREAD

MENU SUBJECT TO CHANGE WITHOUT NOTICE