

Middle School

10/26/2018

**Brentwood UFSD
Food Service**

NOVEMBER 2018

**BREAKFAST
MENU**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| | | | 1 | 2 |
| | | | WG Muffin Craisins Apple Juice MILK | WG Oatmeal Bar Raisins Orange Juice MILK |
| 5 | 6 | 7 | 8 | 9 |
| WG Oatmeal Bar Craisins Apple Juice MILK | Election Day Conference Day No School for Students | 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 |
| VETERAN'S DAY NO SCHOOL | 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 |
| 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

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