

# Middle 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
<p><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></p>	<p><b>Student Lunch Prices:</b> Reduced: \$0.00 Full Price: \$1.30 Additional Lunch: \$2.75</p>	<p><b>Adult Lunch \$3.75+tax</b></p> <p><b>More Alternates:</b> * Healthy Salad- Entrée * PowWowPak-Yogurt, Fruit and WG Crackers *Vegan Burger *Cheese Sandwich *Peanut Butter &amp; Jelly Sandwich *Sun Butter &amp; Jelly Sandwich</p>	<p><b>Brunch for Lunch</b> French Toast Sticks Turkey Bacon, Plantains Cinnamon Mashed Sweet Potatoes Fresh Fruit Basket Milk</p>	<p>WG French Bread Pizza Plain Or Pepperoni Celery &amp; Ranch Dip Sweet Peas Pears Milk</p>
		<p style="text-align: center;"><b>WG Sandwich of the Day</b> Chicken Wrap</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Salami</p>	
5	6	7	8	9
<p>Chicken Nugget Bites WG Brown Rice Green Bean Salad Carrot Coins Applesauce Milk</p>	<p style="text-align: center;"><b>Election Day Conference Day No School for Students</b></p>	<p><b>*B* LOCAL WEDNESDAY</b> Pasta with Meat Sauce WG French Bread Braised Greens and Beans Steamed Corn Peaches Milk</p>	<p><b>New Item</b> WG Corn Dog Sweet Potato Crinkle Fries Baked Beans Fresh Fruit Basket Milk</p>	<p>WG Pizzeria Style Pizza Plain or Spinach Spinach Salad Roasted Cauliflower Mixed Fruit Cup Milk</p>
<p style="text-align: center;"><b>WG Sandwich of the Day</b> Turkey with American Cheese</p>		<p style="text-align: center;"><b>WG Sandwich of the Day</b> Grilled Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Chicken on a Kaiser Roll</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Salami</p>
12	13	14	15	16
<p style="text-align: center;"><b>VETERAN'S DAY NO SCHOOL</b></p>	<p>Taco Max Snax WG Brown Rice Mixed Bean Salad Sweet Peas Fresh Fruit Basket Milk</p>	<p><b>*B* LOCAL WEDNESDAY</b> Chicken Tenders on a WG Bun Romaine &amp; Garden Mix Salad Steamed Broccoli Applesauce Cup Milk</p>	<p><b>New Item</b> <b>Brunch for Lunch</b> Confetti Pancakes Chicken Sausage Potato Oven Fries Roasted Butternut Squash Fresh Fruit Basket, Milk</p>	<p>WG Fresh Homemade Pizza Plain or Pepperoni Cucumbers &amp; Ranch Dip Chick Pea Salad Peaches Milk</p>
	<p style="text-align: center;"><b>WG Sandwich of the Day</b> WG Turkey Ham w/wo Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Steak &amp; Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Chicken Wrap</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Salami</p>
19	20	21	22	23
<p>Chicken Patty- Classic or Spicy on a WG Bun Sweet Potato Waffle Fries Steamed Green Beans Mixed Fruit Cup Milk</p>	<p>Turkey Nachos WG Tortilla Chips WG Brown Rice Lettuce, Cheese &amp; Salsa Corn &amp; Black Bean Salad Fresh Fruit Basket Milk</p>		<p><b>THANKSGIVING HOLIDAY</b></p>	
<p style="text-align: center;"><b>WG Sandwich of the Day</b> Turkey with American Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Turkey Ham w/wo Cheese</p>			
26	27	28	29	30
<p>Chicken Nuggets on WG Roll Sweet Potato Tots Green Beans Chilled Pears Milk</p>	<p><b>New Item</b> Chicken and Cheese Taquito WG Brown Rice Mixed Bean Salad Celery &amp; Dip Fresh Fruit Basket Milk</p>	<p><b>*B* LOCAL WEDNESDAY</b> Breaded Mozzarella Sticks Pasta Marinara Farm Fresh Spinach Salad Sweet Corn Applesauce Milk</p> <p style="text-align: center;"><b>Happy Birthday Celebration</b></p>	<p>WG Turkey, Turkey Bacon and Cheese Melt on a Pretzel Roll Potato Smiles Glazed Carrots Fresh Fruit Basket Milk</p>	<p>WG Pizza Bagel Plain Or Pepperoni Romaine Garden Salad Marinated Chick Peas Peaches Milk</p>
<p style="text-align: center;"><b>WG Sandwich of the Day</b> Turkey with American Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Turkey Ham w/wo Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Teriyaki Steak &amp; Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Chicken Wrap</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Salami</p>
<b>WG= Whole Grain</b>		<b>BUFSD is an Equal Opportunity Employer</b>		
<b>The 5 COMPONENTS OF SCHOOL LUNCH: FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY</b>				
<p>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.</p>				<p>Carol Ann Grodski, MS, RDN, CDN/N Coordinator School Food Services 631-434-2316 We are an Equal Opportunity Employer</p>
<b>ALL SANDWICHES ARE MADE ON WHOLE GRAIN BREAD</b>				
<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>				