



Family Service League/Shepherds Gate/MDQ

10/26/2018

**Brentwood UFSD
Lunch Menu**

November 2018

**Food and Fitness
Fuel for a Lifetime**

Monday	Tuesday	Wednesday	Thursday	Friday
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			1	2
			WG Turkey & Cheese Sandwich Potato Salad Fresh Fruit Basket Milk	WG Bologna & Cheese Sandwich Cauliflower, Broccoli & Dip Pears Milk
5	6	7	8	9
Yogurt WG Crackers Carrot Crunchers Applesauce Milk	Election Day Conference Day No School for Students	*B* LOCAL WEDNESDAY WG Grilled Chicken Sandwich Fresh Greens & Beans Salad Peaches Milk	WG Turkey Sandwich Potato Salad Fresh Fruit Basket Milk	WG Bologna & Cheese Sandwich Celery Sticks & Dip Mixed Fruit Cup Milk
12	13	14	15	16
VETERAN'S DAY NO SCHOOL	WG Salami Sandwich Mixed Bean Salad Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY WG Turkey Ham Sandwich Romaine & Garden Mix Salad Applesauce Cup Milk	WG Turkey & Cheese Sandwich Potato Salad Fresh Fruit Basket Milk	Mozzarella Cheese & Veggie Wrap Cucumbers & Ranch Dip Peaches Milk
19	20	21	22	23
Yogurt WG Crackers Carrot Crunchers Mixed Fruit Cup Milk	WG Grilled Chicken Sandwich Corn & Black Bean Salad Fresh Fruit Basket Milk		THANKSGIVING HOLIDAY	
26	27	28	29	30
Yogurt WG Crackers Carrot Crunchers Chilled Pears Milk	String Cheese WG Bagel Mixed Bean Salad Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY WG Turkey Ham Sandwich Farm Fresh Spinach Salad Applesauce Milk	WG Turkey and Cheese Sandwich on a Pretzel Roll Potato Salad Fresh Fruit Basket Milk	WG Bologna & Cheese Sandwich Celery Sticks & Dip 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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 Opportunity Employer

FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY

ALL SANDWICHES ARE MADE ON WHOLE GRAIN BREAD

MENU SUBJECT TO CHANGE WITHOUT NOTICE