

Elementary School

11/28/2018

**Brentwood UFSD Food Service
Lunch Menu**

December 2018

**Food and Fitness
Fuel for a Lifetime**

Monday	Tuesday	Wednesday	Thursday	Friday
		<p align="center">Student Lunch Prices: Reduced: \$0.00 Full Price: \$1.30 Additional Lunch: \$2.75 Adult Lunch \$3.85+tax</p>		<p align="center">More Alternates: * Healthy Salad- Entrée * PowWowPak-Yogurt, Fruit and WG Crackers Vegan Burger *Cheese Sandwich *Sun Butter & Jelly Sandwich</p>
3	4	5	6	7
<p>BBQ Chicken Strips on WG Roll Sweet Potato Fries Cheesy Cauliflower Mixed Fruit Cup Milk</p>	<p>Beef Nachos WG Tortilla Chips WG Brown Rice, Bean Salad Lettuce, Cheese & Salsa Plantains Fresh Fruit Basket Milk</p>	<p>*B* LOCAL WEDNESDAY Chicken Meatball Parmigiana WG Hero Farm Fresh Kale & Apple Salad Steamed Carrots Pears Milk</p>	<p>Brunch for Lunch Colby Omelet Chicken Sausage Mini WG Bagel Baked Fries Cucumber Salad Fresh Fruit Basket Milk</p>	<p>WG Fresh Homemade Pizza Plain or Broccoli Spinach Salad Black Bean Salad Applesauce Milk</p>
<p>WG Sandwich of the Day Turkey with American Cheese</p>	<p>WG Sandwich of the Day Turkey Ham w/wo Cheese</p>	<p>WG Sandwich of the Day Grilled Cheese</p>	<p>WG Sandwich of the Day Chicken Patty on a Bun</p>	<p>WG Sandwich of the Day Italian Combo</p>
10	11	12	13	14
<p align="center">Elementary Schools Early Dismissal No Lunch</p>	<p>Turkey Nachos WG Tortilla Chips Tex Mex Salad Zucchini, Salsa Fresh Fruit Basket Milk</p>	<p>*B* LOCAL WEDNESDAY WG Mozzarella Sticks WG French Bread & Marinara Dipping Sauce Farmers Mixed Green Salad Steamed Broccoli Frozen Fruit Cup Milk</p>	<p>Brunch for Lunch French Toast Sticks Canadian Turkey Ham Steamed Corn Sweet Potato Fries Fresh Fruit Basket Milk</p>	<p>WG French Bread Pizza Plain or Pepperoni Celery & Ranch Dip Sweet Peas Pears Milk</p>
	<p>WG Sandwich of the Day Turkey Ham w/wo Cheese</p>	<p>WG Sandwich of the Day Bologna & Cheese</p>	<p>WG Sandwich of the Day Teriyaki Chicken Wrap</p>	<p>WG Sandwich of the Day Italian Combo</p>
17	18	19	20	21
<p>WG Popcorn Chicken Smackers On WG Bun Green Bean Salad Carrot Coins Applesauce Milk</p>	<p>New HOMEMADE ITEM** WG Chicken Fried Rice Mixed Vegetables Fortune Cookie Fresh Fruit Basket Milk</p>	<p>*B* LOCAL WEDNESDAY Pizza Crunchers WG French Bread Marinara Dipping Sauce Braised Greens and Beans Baked Potato Fries Peaches Milk</p>	<p>Chef's Holiday Specials Vegetable of the Day Fresh Fruit Basket Milk</p>	<p>WG Pizzeria Style Pizza Plain or Spinach Spinach Salad Roasted Cauliflower Mixed Fruit Cup Milk</p>
<p>WG Sandwich of the Day Turkey with American Cheese</p>	<p>WG Sandwich of the Day Turkey Ham w/wo Cheese</p>	<p>WG Sandwich of the Day Grilled Cheese</p>	<p>WG Sandwich of the Day Chicken Patty on a Bun</p>	<p>WG Sandwich of the Day Chef Special Cold Sandwich</p>
24/31	25	26	27	28
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WG= Whole Grain

BUFSD is an Equal Opportunity Employer

The 5 COMPONENTS OF SCHOOL LUNCH: FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY

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

BEFORE PLACING YOUR ORDER, PLEASE INFORM THE SERVER IF YOU HAVE A FOOD ALLERGY

ALL SANDWICHES ARE MADE ON WHOLE GRAIN BREAD- WG

MENU SUBJECT TO CHANGE WITHOUT NOTICE