

Freshman Center and High School

11/28/2018

Brentwood UFSD Food Service

December 2018

BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
WG Oatmeal Bar	WG Cereal Bowl WG Crackers	WG Muffin	WG Cereal Bowl WG Crackers	WG Oatmeal Bar
<i>OR</i> WG Pancakes	<i>OR</i> Turkey Sausage & Cheese on WG Roll	<i>OR</i> Warm Toasted WG Bagel	<i>OR</i> Warm Fresh WG Cinnamon Ring	<i>OR</i> Egg/Cheese Sandwich
Craisins Apple Juice MILK	Apple Fruit Punch, MILK	Fresh Banana Orange Juice MILK	Apple Juice MILK	Craisins Orange Juice MILK
10	11	12	13	14
WG Oatmeal Bar	WG Cereal Bowl WG Crackers	WG Cereal Bar WG Crackers	WG Cereal Bowl WG Crackers	WG Oatmeal Bar
<i>OR</i> WG French Toast Sticks	<i>OR</i> Turkey Sausage & Cheese on WG Roll	<i>OR</i> Warm Toasted WG Bagel	<i>OR</i> Warm Fresh WG Cinnamon Ring	<i>OR</i> Egg/Cheese Sandwich
Raisins Apple Juice MILK	Applesauce Cup Fruit Punch, MILK	Fresh Banana Orange Juice MILK	Apple Juice MILK	Raisins Orange Juice MILK
17	18	19	20	21
WG Oatmeal Bar	WG Cereal Bowl WG Crackers	WG Muffin	WG Cereal Bowl WG Crackers	WG Oatmeal Bar
<i>OR</i> WG Pancakes	<i>OR</i> Turkey Sausage & Cheese on WG Roll	<i>OR</i> Warm Toasted WG Bagel	<i>OR</i> Warm Fresh WG Cinnamon Ring	<i>OR</i> Egg/Cheese Sandwich
Craisins Apple Juice MILK	Apple Fruit Punch, MILK	Fresh Banana Orange Juice MILK	Apple Juice MILK	Craisins Orange Juice MILK
24	25	26	27	28
		WINTER RECESS SCHOOLS CLOSED		
31				
				

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