

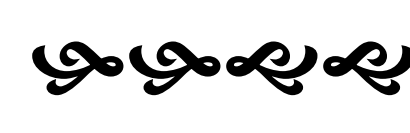
# Freshman Center and High School

11/28/2018

## Brentwood UFSD Food Service Lunch Menu

# December 2018

*Food and Fitness  
Fuel for a Lifetime*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><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 style="text-align: center;"><b>Student Lunch Prices:</b> Reduced: \$0.00 Full Price: \$1.30 Additional Lunch: \$2.75 Adult Lunch \$3.85+tax</p>		<p style="text-align: center;"><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>
3	4	5	6	7
<p><b>BBQ Chicken Strips on WG Roll</b> Sweet Potato Fries Cheesy Cauliflower Mixed Fruit Cup Milk</p>	<p style="text-align: center;"><b>Beef Nachos</b> WG Tortilla Chips WG Brown Rice, Bean Salad Lettuce, Cheese &amp; Salsa Plantains Fresh Fruit Basket, Milk</p>	<p><b>*B* LOCAL WEDNESDAY</b> Chicken Meatball Parmigiana WG Hero Farm Fresh Kale &amp; Apple Salad Steamed Carrots Pears Milk</p>	<p style="text-align: center;"><b>Brunch for Lunch</b> Colby Omelet Chicken Sausage Mini WG Bagel Baked Fries Cucumber Salad Fresh Fruit Basket, Milk</p>	<p style="text-align: center;"><b>WG Fresh Homemade Pizza</b> Plain or Broccoli Spinach Salad Black Bean Salad Applesauce Milk</p>
<p style="text-align: center;"><b>WG Sandwich of the Day</b> Turkey&amp;Cheese WG Club Roll Melt Turkey with American Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Steak, Onion &amp; Pepper Hero Grilled Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Chicken Patty American Ch Melt Chicken on a Kaiser Roll</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Hamburger/Cheeseburger WG Italian Combo</p>
10	11	12	13	14
<p style="text-align: center;"><b>Chicken Nuggets</b> WG Roll Brown Sugar Butternut Squash Mixed Bean Salad Peaches Milk</p>	<p style="text-align: center;"><b>Turkey Nachos</b> WG Tortilla Chips WG Brown Rice Tex Mex Salad Zucchini, Salsa Fresh Fruit Basket, Milk</p>	<p><b>*B* LOCAL WEDNESDAY</b> WG Mozzarella Sticks &amp; Dipping Sauce Pasta Marinara Farmers Mixed Green Salad Broccoli Frozen Fruit Cup Milk</p>	<p style="text-align: center;"><b>Brunch for Lunch</b> French Toast Sticks Canadian Turkey Ham Steamed Corn Sweet Potato Fries Fresh Fruit Basket, Milk</p>	<p style="text-align: center;"><b>WG French Bread Pizza</b> Plain or Pepperoni Celery &amp; Ranch Dip Sweet Peas Pears Milk</p>
<p style="text-align: center;"><b>WG Sandwich of the Day</b> Turkey&amp;Cheese WG Club Roll Melt WG Turkey&amp;TurkeyBLT</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Meatball Parmigiana Hero Bologna &amp; Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> BBQ Chix/Cheese/TurkeyBacon on Roll Teriyaki Chicken Wrap</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Turkey,Pepper Jack Cheese Club WG Italian Combo</p>
17	18	19	20	21
<p><b>WG Popcorn Chicken Smackers</b> On WG Bun Green Bean Salad Carrot Coins Applesauce, Milk</p>	<p><b>New HOMEMADE ITEM**</b> WG Chicken Fried Rice Mixed Vegetables Fortune Cookie Fresh Fruit Basket, Milk</p>	<p><b>*B* LOCAL WEDNESDAY</b> Pizza Crunchers WG French Bread Marinara Dipping Sauce Braised Greens and Beans Baked Fries, Peaches, Milk</p>	<p style="text-align: center;"><b>Chef's</b> <b>Holiday Specials</b> Vegetable of the Day Fresh Fruit Basket Milk <b>Happy Birthday Celebration</b></p>	<p style="text-align: center;"><b>WG Pizzeria Style Pizza</b> 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&amp;Cheese WG Club Roll Melt Turkey with American Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Steak and Egg Hero Grilled Cheese</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Chicken Patty American Ch Melt Chicken on a Kaiser Roll</p>	<p style="text-align: center;"><b>WG Sandwich of the Day</b> Chef Special Hot Sandwich Chef Special Cold Sandwich</p>
24/31	25	26	27	28
		<p style="text-align: center;">WINTER RECESS SCHOOLS CLOSED</p>		

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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**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*