

East K- Pine Park Kindergarten

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* LOCAL Long Island Farm Fresh Greens Are Being Served on Wednesdays & NEW YORK APPLES are in the Fresh Fruit Basket at all Brentwood schools</p> | | <p>Student Lunch Prices: Reduced: \$0.00 Full Price: \$1.30 Additional Lunch: \$2.75 Adult Lunch \$3.85+tax</p> | | <p>More Alternates: *Healthy Salad- Entrée *PowWowPak-Yogurt Fruit and WG Crackers Grab and Go Pak *Cheese Sandwich</p> |
| 3 | 4 | 5 | 6 | 7 |
| <p>Chicken Strips on WG Roll Sweet Potato Fries Cheesy Cauliflower Mixed Fruit Cup Milk</p> | <p>Beef Nachos WG Tortilla Chips 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>Homemade Mac and Cheese Sweet Green Peas Cucumber Salad Fresh Fruit Basket Milk</p> | <p>WG Fresh Homemade Pizza Plain or Broccoli Spinach Salad Black Bean Salad Applesauce Milk</p> |
| 10 | 11 | 12 | 13 | 14 |
| <p>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> |
| 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> |
| 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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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