

Middle 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* 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 align="center">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 *Vegan Burger *Cheese Sandwich *Peanut Butter & Jelly 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 on a Kaiser Roll</p>	<p>WG Sandwich of the Day WG Italian Combo</p>
10	11	12	13	14
<p>WG Chicken Nuggets on a WG Roll Brown Sugar Butternut Squash Mixed Bean Salad Peaches Milk</p>	<p>Turkey Nachos WG Tortilla Chips Tex Mex Salad Zucchini, Salsa Fresh Fruit Basket Milk</p>	<p>*B* LOCAL WEDNESDAY WG Mozzarella Sticks & Dipping Sauce Pasta Marinara Farmer's Mixed Green Salad 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 with American Cheese</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 WG 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 with or w/o Cheese</p>	<p>WG Sandwich of the Day Grilled Cheese</p>	<p>WG Sandwich of the Day Chicken on a Kaiser Roll</p>	<p>WG Sandwich of the Day Chef Special Cold Sandwich</p>
24/31	25	26	27	28
		<p>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

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Food Service**

December 2018

**BREAKFAST
MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
WG Oatmeal Bar Craisins Apple Juice MILK	WG Cereal Bowl WG Crackers Apple Fruit Punch MILK	WG Muffin Fresh Banana Orange Juice MILK	WG Cereal Bowl WG Crackers Raisins Apple Juice MILK	WG Oatmeal Bar Craisins Orange Juice MILK
10	11	12	13	14
WG Oatmeal Bar Raisins Apple Juice MILK	WG Cereal Bowl WG Crackers Applesauce Cup Fruit Punch MILK	WG Cereal Bar WG Crackers Fresh Banana Orange Juice MILK	WG Cereal Bowl WG Crackers Craisins Apple Juice MILK	WG Oatmeal Bar Raisins Orange Juice MILK
17	18	19	20	21
WG Oatmeal Bar Craisins Apple Juice MILK	WG Cereal Bowl WG Crackers Apple Fruit Punch MILK	WG Muffin Fresh Banana Orange Juice MILK	WG Cereal Bowl WG Crackers Raisins Apple Juice MILK	WG Oatmeal Bar Craisins Orange Juice MILK
24	25	26	27	28
		WINTER RECESS SCHOOLS CLOSED		
31				
				

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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