





Family Service League/Shepherds Gate/MDQ

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>				
3	4	5	6	7
Yogurt WG Crackers Carrot Crunchers Mixed Fruit Cup Milk	WG Chicken Strip Sandwich Chick Pea Salad Fresh Fruit Basket Milk	<p>*B* LOCAL WEDNESDAY WG Turkey Ham & Cheese Sandwich Farm Fresh Kale & Apple Salad Pears Milk</p>	WG Turkey Sandwich Potato Salad Fresh Fruit Basket Milk	Mozzarella Cheese & Veggie Wrap Cucumber Salad Applesauce Milk
10	11	12	13	14
Yogurt WG Crackers Carrot Crunchers Peaches Milk	WG Grilled Chicken Sandwich Tex Mex Salad Fresh Fruit Basket Milk	<p>*B* LOCAL WEDNESDAY WG Turkey Ham Sandwich Farmers Mixed Green Salad Mixed Fruit Cup Milk</p>	WG Turkey & Cheese Sandwich Potato Salad Fresh Fruit Basket Milk	WG Bologna & Cheese Sandwich Cauliflower, Broccoli & Dip Pears Milk
17	18	19	20	21
Yogurt WG Crackers Carrot Crunchers Applesauce Milk	String Cheese WG Bagel Mixed Bean Salad Fresh Fruit Basket Milk	<p>*B* LOCAL WEDNESDAY WG Turkey Ham & Cheese Sandwich Fresh Greens & Beans Salad Peaches Milk</p>	WG Turkey Sandwich Potato Salad Fresh Fruit Basket Milk	WG Grilled Chicken & Cheese Sandwich Celery Sticks & Dip Mixed Fruit Cup Milk
24/31	25	26	27	28
		WINTER RECESS SCHOOLS CLOSED		

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