

# Brentwood UFSD

## Food Service

# Shepherd's Gate Summer 2018

BREAKFAST

MENU

Monday	Tuesday	Wednesday	Thursday	Friday
July 2	July 3	July 4	July 5	July 6
<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Cereal Bar</b> <u>OR</u> Cereal Bowl Fruit Milk	<b>Independence Day</b> No Breakfast No Lunch	<b>Muffin</b> <u>OR</u> Cereal Bowl 100% Fruit Juice Milk	<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk
July 9	July 10	July 11	July 12	July 13
<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Cereal Bar</b> <u>OR</u> Cereal Bowl Fruit Milk	<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Muffin</b> <u>OR</u> Cereal Bowl 100% Fruit Juice Milk	<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk
July 16	July 17	July 18	July 19	July 20
<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Cereal Bar</b> <u>OR</u> Cereal Bowl 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Muffin</b> <u>OR</u> Cereal Bowl 100% Fruit Juice Milk	<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk
July 23	July 24	July 25	July 26	July 27
<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Cereal Bar</b> <u>OR</u> Cereal Bowl Fruit Milk	<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Muffin</b> <u>OR</u> Cereal Bowl 100% Fruit Juice Milk	<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk
July 30	July 31	Aug 1	Aug 2	Aug 3
<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Cereal Bar</b> <u>OR</u> Cereal Bowl Fruit Milk	<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Muffin</b> <u>OR</u> Cereal Bowl 100% Fruit Juice Milk	<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk
Aug 6	Aug 7	Aug 8	Aug 9	Aug 10
<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Cereal Bar</b> <u>OR</u> Cereal Bowl Fruit Milk	<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Muffin</b> <u>OR</u> Cereal Bowl 100% Fruit Juice Milk	<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk
Aug 13	Aug 14	Aug 15	Aug 16	Aug 17
<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Cereal Bar</b> <u>OR</u> Cereal Bowl Fruit Milk	<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk	<b>Muffin</b> <u>OR</u> Cereal Bowl 100% Fruit Juice Milk	<b>Cereal Bowl</b> 100% Fruit Juice <u>OR</u> Fruit Milk

**Substitute Food Service Worker Jobs Available 631-434-2316 Earn while your children learn!**

Carol Ann Grodski MS,RDN,CD/N Coordinator School Food Services 631-434-2316

OPEN COMMUNITY SITES FOR SUMMER FEEDING 2018  
Elementary, Laurel Elementary, Oak Park Elementary, West MS, North MS, Soderling 2 HS

East

**ALL STUDENTS ARE  
ENCOURAGED TO  
ENJOY FREE  
BREAKFAST DAILY**

### 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	<b>CONDIMENTS</b>
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	<b>GRAIN</b>
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 with 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**