



Brentwood UFSD
Food Service



Summer 2017



BREAKFAST
MENU

Monday	Tuesday	Wednesday	Thursday	Friday
June 26	June 27	June 28	June 29	June 30
Cereal Bowl Pack WG Crackers Orange Juice 	Cereal Bar WG Crackers Fruit Punch 	Cereal Bowl Pack WG Crackers Apple Juice 	Muffin Kit WG Crackers Orange Juice	Warm Donuts WG Crackers Fruit Punch Satellites Cereal Bowl Pack MILK
MILK July 3	MILK July 4	MILK July 5	MILK July 6	MILK July 7
Cereal Bowl Pack WG Crackers Orange Juice	Independence Day No Breakfast No Lunch 	Breakfast Pizza WG Crackers Apple Juice Satellites Cereal Bowl Pack MILK	Muffin Kit WG Crackers Orange Juice 	Low Fat Yogurt WG Crackers Fruit Punch MILK
MILK July 10	MILK July 11	MILK July 12	MILK July 13	MILK July 14
Cereal Bowl Pack WG Crackers Orange Juice 	CHEERIOS Cereal Bar WG Crackers Fruit Punch	Cereal Bowl Pack WG Crackers Apple Juice 	Muffin Kit WG Crackers Orange Juice 	Warm Donuts WG Crackers Fruit Punch Satellites Cereal Bowl Pack MILK
MILK July 17	MILK July 18	MILK July 19	MILK July 20	MILK July 21
Cereal Bowl Pack WG Crackers Orange Juice 	Low Fat Yogurt WG Crackers Fruit Punch 	Breakfast Pizza WG Crackers Apple Juice Satellites Cereal Bowl Pack MILK	Muffin Kit WG Crackers Orange Juice 	Low Fat Yogurt WG Crackers Fruit Punch MILK
MILK July 24	MILK July 25	MILK July 26	MILK July 27	MILK July 28
Cereal Bowl Pack WG Crackers Orange Juice 	CHEERIOS Cereal Bar WG Crackers Fruit Punch 	Cereal Bowl Pack WG Crackers Apple Juice 	Muffin Kit WG Crackers Orange Juice	Warm Donuts WG Crackers Fruit Punch Satellites Cereal Bowl Pack MILK
MILK July 31	MILK Aug 1	MILK Aug 2	MILK Aug 3	MILK Aug 4
Cereal Bowl Pack WG Crackers Orange Juice 	CHEERIOS Cereal Bar WG Cra... Fruit Punch 	Breakfast Pizza WG Crackers Apple Juice Satellites Cereal Bowl Pack MILK	Muffin Kit WG Crackers Orange Juice 	Low Fat Yogurt WG Crackers Fruit Punch MILK
MILK Aug 7	MILK Aug 8	MILK Aug 9	MILK Aug 10	MILK Aug 11
Cereal Bowl Pack WG Crackers Orange Juice 	Low Fat Yogurt WG Crackers Fruit Punch 	Cereal Bowl Pack WG Crackers Apple Juice 	Muffin Kit WG Crackers Orange Juice	Warm Donuts WG Crackers Fruit Punch Satellites Cereal Bowl Pack MILK
MILK Aug 14	MILK Aug 15	MILK Aug 16	MILK Aug 17	MILK Aug 18
Cereal Bowl Pack WG Crackers Orange Juice	CHEERIOS Cereal Bar WG Crackers Fruit Punch	Breakfast Pizza WG Crackers Apple Juice Satellites Cereal Bowl Pack MILK	Muffin Kit WG Crackers Orange Juice 	Low Fat Yogurt WG Crackers Fruit Punch MILK

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



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	
Beef Nachos/scoops/toppings-27	Butternut Squash(1/2c)-9	Mandarin Oranges(1/2c)-15	CONDIMENTS
Cheeseburger on WW Bun-28	Zucchini(1/2c)-2	Sliced Peaches(1/2c)-14	Ketchup packet-3
Mini-Burger Slider With Cheese-31	Spinach(1/2c)-5	Sliced Pears(1/2c)-15	LT Ranch Dressing(2tbs)-6
Tacos with Scoops/Toppings-24	Corn(1/2c)-17	Pineapple Chunks(1/2c)-17	LT Italian Dressing(2tbs)-2
Turkey Ham & Cheese Melt-31	Vegetarian Beans(1/2c)-22	Raisins(1 box)-30	Syrup(1oz)-25
Chicken Nuggets-15	Mixed Bean Salad(1/2c)-15	Salsa(2tbs)-2	
Grilled Chicken Patty on WW Bun-26	Caesar Salad(3/4c)-7		GRAIN
WG Chicken Pattie on WW Bun-38	Dark Green Salad with Dressing(3/4c)-10	Fresh Apple-29	WW Bread(1sl)-12
Hot Spicy Chicken Patty/WW Bun-37	Mashed Potatoes(1/2c)-17	Fresh Orange-15	WW Hamburger Bun-25
Tuna Salad Wrap-35	Hash Browns(1piece)-14	Fresh Banana-30	WW Club Roll(2oz)-28
Grilled Cheese Sandwich-32	Oven Baked Fries(1/2c)-22	Fresh Pear-28	WW Club Roll(3oz)-41
French Toast with Syrup-57	Oven Roasted Potatoes(1/2c)-19		WW Kaiser Roll(2oz)-28
Fish&Cheese Melt/WW Bun-39	Rice&Beans(3/4c)-30		WW Kaiser Roll (3oz)-35
Corn Dogs-31	Plantains(2)-22		WW Torpedo Roll(3oz)-48
Oven Roasted Chicken-10	Sweet Potatoes(1/2c)-25		WW Italian Dressing(1oz)-15
Baked Ziti(3/4c)-51	Sweet Potato Bites(11)-26		Scoops(1bag)-19
	Sweet Potato Fries(1/2c)-13		Churros (1/2)-6
	Tator Tots(1/2c)-16		Pasta Salad(1/2c)-22
			Brown Rice(1/2c)-22
			WW Bagel(4oz)-59
			WW Tortilla(8inch)-19

MENU SUBJECT TO CHANGE WITHOUT NOTICE

