

Brentwood UFSD Food Service  
Lunch Menu

**FEBRUARY 2018**

Food and Fitness  
Fuel for a Lifetime

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	<b>Student Lunch Prices:</b> Reduced: \$0.25 Full Price: \$1.30 Additional Lunch: \$2.75  Adult Lunch \$3.75+tax		<b>Brunch for Lunch</b> Egg, Turkey Sausage Cheese McMuffin Plantains Sweet Potato Fries Fresh Fruit Basket Milk	WG French Bread Pizza Sautéed Zucchini Sweet Peas Pears Milk
Carol Ann Grodski, MS, RDN, CD/N Coordinator School Food Services 631-434-2316			<b>Sandwich of the Day</b> WG Ranch Chicken Wrap	<b>Sandwich of the Day</b> WG Salami
5	6	7	8	9
Popcorn Chicken on WG Bun WG Vegetable Pasta Salad Carrot Coins Applesauce Milk	Beef Nachos with WG Scoops WG Brown Rice Lettuce, Cheese & Salsa Black Bean & Corn Salad Fresh Fruit Basket, Milk	<b>LOCAL WEDNESDAY</b> HOT DOG on a WG Bun Braised Greens and Beans Baked Potato Fries Peaches Milk	Lentil Soup Turkey & American Cheese Hero Melt Sweet Potato Bites Celery and Ranch Dip Frozen Juice Cup, Milk	WG Fresh Homemade Pizza Plain or Spinach Sautéed Spinach Roasted Cauliflower Mixed Fruit Cup, Milk
<b>Sandwich of the Day</b> WG Turkey with American Cheese	<b>Sandwich of the Day</b> WG Turkey Ham w/wo Cheese	<b>Sandwich of the Day</b> Hamburger/Ch on WG Bun	<b>Sandwich of the Day</b> WG Ranch Chicken Patty Bun	<b>Sandwich of the Day</b> WG Salami
12	13	14	15	16
Chicken Nuggets on WG Bun Mashed Sweet Potatoes Vegetable Medley Peaches Milk	Split Pea Soup Quesadilla WG Pizza Green Beans Fresh Fruit Basket Milk	<b>LOCAL WEDNESDAY</b> <b>Valentine's Day</b> Meatball Parmigiana Hero Romaine & Garden Mix Salad Steamed Broccoli Applesauce Cup, Milk	<b>Brunch for Lunch</b> WG Cinnamon French Toast Sticks Chicken Sausage Roasted Butternut Squash Hash Brown Potato Scoop a KIWI, Milk	WG Pizzeria Style Pizza Cucumbers & Ranch Dip Chick Pea Salad Peaches Milk Fish Available
<b>Sandwich of the Day</b> WG Turkey with American Cheese	<b>Sandwich of the Day</b> WG Turkey Ham w/wo Cheese	<b>Sandwich of the Day</b> Hamburger/Ch on WG Bun	<b>Sandwich of the Day</b> WG Ranch Chicken Patty Bun	<b>Sandwich of the Day</b> WG Salami
19	20	21	22	23
<b>MID-WINTER RECESS NO SCHOOL</b>				
26	27	28		
Chicken Patty on WG Bun Sweet Potato Tots Steamed Green Beans Mixed Fruit Cup Milk	Turkey Nachos with WG Scoops WG Brown Rice Lettuce, Cheese & Salsa Corn & Black Bean Salsa Fresh Fruit Basket Milk	<b>LOCAL WEDNESDAY</b> Lasagna Roll-Up WG French Bread Tossed Farm Salad Mixed Vegetables Peaches Milk February Birthday Celebration	<b>LOCAL WEDNESDAY</b> <b>Long Island Farm Fresh Greens Are Being Served on Wednesdays at all Brentwood schools</b>	<b>More Alternates:</b> * Healthy Salad- Entrée * PowWowPak-Yogurt, Fruit and WG Crackers Grab and Go Pak Cheese Sandwich Tuna Salad Plate Peanut Butter & Jelly Sandwich Sun Butter & Jelly Sandwich
<b>Sandwich of the Day</b> WG Turkey with American Cheese	<b>Sandwich of the Day</b> WG Turkey Ham w/wo Cheese	<b>Sandwich of the Day</b> Hamburger/Ch on WG Bun		
WG= Whole Grain		<b>BUFSD is an Equal Opportunity Employer</b>		
<b>The 5 COMPONENTS OF SCHOOL LUNCH:</b>				
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.				
<b>FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY</b>				
STUDENTS ARE OFFERED ALL 5 COMPONENTS EVERY DAY FOR LUNCH. STUDENTS MUST TAKE AT LEAST 3 COMPONENTS. EACH STUDENT MUST TAKE A FRUIT OR A VEGETABLE AS ONE OF THE 3 COMPONENTS. STUDENTS ARE ENCOURAGED TO TAKE ALL 5 COMPONENTS AND CAN ASK FOR ADDITIONAL FRUITS AND VEGETABLES AT NO ADDITIONAL COST.				
<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>				