

Freshman Center and High School

1-22-18

Brentwood UFSD  
Food Service

**FEBRUARY 2018**

**BREAKFAST  
MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			WG Blueberry Muffin Craisins OR Warm Fresh WG Cinnamon Ring Apple Juice MILK	WG Oatmeal Chip Bar OR Egg/Cheese Sandwich Raisins Orange Juice MILK
5	6	7	8	9
WG Cereal Bowl WG Crackers OR WG Pancakes Craisins Apple Juice MILK	Low Fat Yogurt WG Crackers OR Turkey Sausage & Cheese on WG Roll Apple Slices Fruit Punch, MILK	WG Cereal Bowl Cheese Stick OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK	WG Apple Cinnamon Muffin Raisins OR Warm Fresh WG Cinnamon Ring Apple Juice MILK	WG Cereal Bowl WG Crackers OR Egg/Cheese Sandwich Craisins Orange Juice MILK
12	13	14 Valentine's Day	15	16
WG Cereal Bowl WG Cracker OR WG Pancakes Raisins Apple Juice MILK	Low Fat Yogurt WG Crackers OR Turkey Sausage & Cheese on WG Roll Applesauce Cup Fruit Punch, MILK	WG Cereal Bowl WG Crackers OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK	WG Banana Muffin Craisins OR Warm Fresh WG Cinnamon Ring Apple Juice MILK	WG Cereal Bowl WG Crackers OR Egg/Cheese Sandwich Raisins Orange Juice MILK
19	20	21	22	23
<b>MID-WINTER RECESS NO SCHOOL</b>				
26	27	28	<p style="text-align: center;"><b>ALL STUDENTS ENCOURAGED TO ENJOY FREE BREAKFAST DAILY</b></p> <p style="text-align: right; font-size: small;">Carol Ann Grodski, MS, RDN, CD/N Coordinator School Food Services 631-434-2316</p>	
WG Cereal Bowl WG Crackers OR WG Pancakes Craisins Apple Juice MILK	Low Fat Yogurt WG Crackers OR Turkey Sausage & Cheese on WG Roll Apple Slices Fruit Punch, MILK	WG Cereal Bowl Cheese Stick OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK		

*MENU SUBJECT TO CHANGE WITHOUT NOTICE*

CARBOHYDRATE COUNTS IN GRAMS	VEGETABLES	FRUIT	DAIRY
<b>ENTRÉE</b>			
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 & 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

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