

East K- Pine Park Kindergarten

1-22-18

**Brentwood UFSD Food Service
Lunch Menu**

FEBRUARY 2018

*Food and Fitness
Fuel for a Lifetime*

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	Student Lunch Prices: Reduced: \$0.25 Full Price: \$1.30 Additional Lunch: \$2.75		Brunch for Lunch French Toast Turkey Sausage Plantains Sweet Potato Fries Fresh Fruit Basket Milk	WG Rectangle Pizza Bread Pizza Sautéed Zucchini Sweet Peas Pears Milk
5	6	7	8	9
Popcorn Chicken On WG Roll 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	LOCAL WEDNESDAY Hamburger/Cheeseburger WG Bun Braised Greens and Beans Baked Potato Fries Peaches Milk	Lentil Soup Turkey & American Cheese on a WG Bun 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
12	13	14	15	16
Chicken Nuggets on WG Bun Mashed Sweet Potatoes Vegetable Medley Pears Milk	Split Pea Soup Homemade Mac and Cheese Green Beans Fresh Fruit Basket Milk	LOCAL WEDNESDAY Valentine's Day Meatball Hero Romaine & Garden Mix Salad Steamed Broccoli Applesauce Cup Milk	Brunch for Lunch WG Mini French Toast 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
19	20	21	22	23
MID-WINTER RECESS NO SCHOOL				
26	27	28		
Chicken Patty on WG Bun Sweet Potato Tots Steamed Green Beans Mixed Fruit Cup Milk	Turkey Taco Nachos WG Scoops Lettuce, Cheese & Salsa Corn & Black Bean Salad Fresh Fruit Basket Milk	LOCAL WEDNESDAY Lasagna Roll-Up WG French Bread Tossed Farm Salad Mixed Vegetables Pears Milk February Birthday Celebration	LOCAL WEDNESDAY Long Island Farm Fresh Greens Are Being Served on Wednesdays at all Brentwood schools	More Alternates: * Healthy Salad- Entrée * PowWowPak-Yogurt Fruit and WG Crackers Grab and Go Pak Cheese Sandwich

WG= Whole Grain BUFSD is an Equal Opportunity Employer

The 5 COMPONENTS OF SCHOOL LUNCH:

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.

FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY

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.

MENU SUBJECT TO CHANGE WITHOUT NOTICE