

**Middle School**

1-22-18

**Brentwood UFSD  
Food Service**

# FEBRUARY 2018

**BREAKFAST  
MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			WG Blueberry Muffin  Craisins Apple Juice MILK	WG Oatmeal Chip Bar  Raisins Orange Juice MILK
5	6	7	8	9
WG Cereal Bowl  Craisins Apple Juice MILK	Low Fat Yogurt WG Crackers Apple Slices Fruit Punch MILK	WG Cereal Bowl  Fresh Banana Orange Juice MILK	WG Apple Cinnamon Muffin  Raisins Apple Juice MILK	WG Cereal Bowl WG Crackers Craisins Orange Juice MILK
12	13	14	15	16
WG Cereal Bowl Raisins  Apple Juice MILK	Low Fat Yogurt WG Crackers Applesauce Cup Fruit Punch MILK	Valentine's Day WG Cereal Bowl  Fresh Banana Orange Juice MILK	WG Banana Muffin  Craisins Apple Juice MILK	WG Cereal Bowl  Raisins Orange Juice MILK
19	20	21	22	23
<b>MID-WINTER RECESS NO SCHOOL</b>				
26	27	28		
WG Cereal Bowl  Craisins Apple Juice MILK	Low Fat Yogurt WG Crackers Apple Slices Fruit Punch MILK	WG Cereal Bowl  Fresh Banana Orange Juice MILK	<b>ALL STUDENTS ENCOURAGED TO ENJOY FREE BREAKFAST DAILY</b>	Carol Ann Grodski, MS, RDN, CD/N Coordinator School Food Services 631-434-2316

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

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 & 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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