

Middle School

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
	<p>Student Lunch Prices: Reduced: \$0.25 Full Price: \$1.30 Additional Lunch: \$2.75</p>		<p>Brunch for Lunch Egg, Turkey Sausage Cheese McMuffin Plantains Sweet Potato Fries Fresh Fruit Basket Milk</p>	<p>WG French Bread Pizza Sautéed Zucchini Sweet Peas Pears Milk</p>
<p>Carol Ann Grodski, MS, RDN, CD/N Coordinator School Food Services 631-434-2316</p>	<p>Adult Lunch \$3.75+tax</p>		<p>Sandwich of the Day WG Ranch Chicken Wrap</p>	<p>Sandwich of the Day WG Salami</p>
5	6	7	8	9
		<p>LOCAL WEDNESDAY HOT DOG on a WG Bun Braised Greens and Beans Baked Potato Fries Peaches Milk</p>	<p>Lentil Soup Turkey & American Cheese Hero Melt Sweet Potato Bites Celery and Ranch Dip Frozen Juice Cup, Milk</p>	<p>WG Fresh Homemade Pizza Plain or Spinach Sautéed Spinach Roasted Cauliflower Mixed Fruit Cup, Milk</p>
<p>Popcorn Chicken on WG Bun WG Vegetable Pasta Salad Carrot Coins Applesauce Milk</p>	<p>Beef Nachos with WG Scoops WG Brown Rice Lettuce, Cheese & Salsa Black Bean & Corn Salad Fresh Fruit Basket</p>	<p>Sandwich of the Day Hamburger/Ch on WG Bun</p>	<p>Sandwich of the Day WG Ranch Chicken Patty Hero</p>	<p>Sandwich of the Day WG Salami</p>
12	13	14	15	16
		<p>LOCAL WEDNESDAY Valentine's Day Meatball Parmigiana Hero Romaine & Garden Mix Salad Steamed Broccoli Applesauce Cup, Milk</p>	<p>Brunch for Lunch WG Cinnamon French Toast Sticks Chicken Sausage Roasted Butternut Squash Hash Brown Potato Scoop a KIWI, Milk</p>	<p>WG Pizzeria Style Pizza Cucumbers & Ranch Dip Chick Pea Salad Peaches, Milk</p>
<p>Sandwich of the Day WG Turkey with American Cheese</p>	<p>Sandwich of the Day WG Turkey Ham w/wo Cheese</p>	<p>Sandwich of the Day Hamburger/Ch on WG Bun</p>	<p>Sandwich of the Day WG Ranch Chicken Patty Hero</p>	<p>Sandwich of the Day WG Salami</p>
19	20	21	22	23
<p>MID-WINTER RECESS NO SCHOOL</p>				
26	27	28		
<p>Chicken Patty Classic or Spicy WG Roll Sweet Potato Tots Steamed Green Beans Mixed Fruit Cup Milk</p>	<p>Turkey Nachos with WG Scoops WG Brown Rice Lettuce, Cheese & Salsa Corn & Black Bean Salsa Fresh Fruit Basket Milk</p>	<p>LOCAL WEDNESDAY Lasagna Roll-Up WG French Bread Tossed Farm Salad Mixed Vegetables Pears, Milk February Birthday Celebration</p>	<p>LOCAL WEDNESDAY Long Island Farm Fresh Greens Are Being Served on Wednesdays at all Brentwood schools</p>	<p>More Alternates: * 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</p>
<p>Sandwich of the Day WG Turkey with American Cheese</p>	<p>Sandwich of the Day WG Turkey Ham w/wo Cheese</p>	<p>Sandwich of the Day Hamburger/Ch on WG Bun</p>		

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