

MDQ

1-22-18

Brentwood UFSD
Food Service

FEBRUARY 2018

**BREAKFAST
MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			WG Blueberry Muffin	WG Cereal Bowl
			Craisins Apple Juice MILK	Raisins Orange Juice MILK
5	6	7	8	9
WG Cereal Bowl	WG Oatmeal Chip Bar	WG Cereal Bowl	WG Apple Cinnamon Muffin	WG Cereal Bowl
Craisins Apple Juice MILK	Apple Slices Fruit Punch MILK	Fresh Banana Orange Juice MILK	Raisins Apple Juice MILK	Craisins Orange Juice MILK
12	13	14	15	16
WG Cereal Bowl	WG Oatmeal Chip Bar	Valentine's Day WG Cereal Bowl	WG Banana Muffin	WG Cereal Bowl
Raisins Apple Juice MILK	Applesauce Cup Fruit Punch MILK	Fresh Banana Orange Juice MILK	Craisins Apple Juice MILK	Raisins Orange Juice MILK
19	20	21	22	23
MID-WINTER RECESS NO SCHOOL				
26	27	28		
WG Cereal Bowl	WG Oatmeal Chip Bar	WG Cereal Bowl	ALL STUDENTS ENCOURAGED TO ENJOY FREE BREAKFAST DAILY	Carol Ann Grodski, MS, RDN, CD/N Coordinator School Food Services 631-434- 2316
Craisins Apple Juice MILK	Apple Slices Fruit Punch MILK	Fresh Banana Orange Juice MILK		
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	CONDIMENTS
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	GRAIN
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
MENU SUBJECT TO CHANGE WITHOUT NOTICE				WW Bagel(4oz)-59
				WW Tortilla(8inch)-19