

Family Service League/Shepherds Gate/MDQ

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		WG Turkey & Cheese Sandwich Potato Salad Fresh Fruit Basket Milk	Mozzarella Cheese & Veggie Wrap Cauliflower/Broccoli & Dip Pears Milk
5	6	7	8	9
Yogurt WG Crackers Carrot Crunchers Applesauce Milk	Colby Jack Cheese Chunks WG Bagel Mixed Bean Salad Fresh Fruit Basket Milk	* LOCAL WEDNESDAY WG Turkey Ham & Cheese Sandwich Fresh Greens & Beans Salad Peaches Milk	WG Turkey Sandwich Potato Salad Fresh Fruit Basket Milk	WG Bologna & Cheese Sandwich Celery Sticks & Dip Mixed Fruit Cup Milk
12	13	14	15	16
Yogurt WG Crackers Carrot Crunchers Pears Milk	WG Salami Sandwich Chick Pea Salad Fresh Fruit Basket Milk	* LOCAL WEDNESDAY Valentine's Day WG Turkey Ham Sandwich Romaine & Garden Mix Salad Applesauce Cup Milk	WG Turkey & Cheese Sandwich Potato Salad Fresh Fruit Basket Milk	WG Bologna Sandwich Cucumbers & Ranch Dip Peaches Milk
19	20	21	22	23
MID-WINTER RECESS NO SCHOOL				
26	27	28	29	30
Yogurt WG Crackers Carrot Crunchers Mixed Fruit Cup Milk	WG Grilled Chicken Sandwich Corn & Black Bean Salsa Fresh Fruit Basket Milk	* LOCAL WEDNESDAY WG Turkey Ham & Cheese Sandwich Tossed Farm Salad Pears Milk	* LOCAL WEDNESDAY Long Island Farm Fresh Greens Are Being Served on Wednesdays at all Brentwood schools	Carol Ann Grodski,MS,RDN,CD/N Coordinator School Food Services 631-434- 2316
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				
ALL SANDWICHES ARE MADE ON WHOLE GRAIN BREAD				
MENU SUBJECT TO CHANGE WITHOUT NOTICE				