

Freshman Center and High School

9/26/2018

Brentwood UFSD Food Service

OCTOBER 2018

BREAKFAST MENU

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
WG Cereal Bowl WG Cracker	Oatmeal Chip Bar	WG Cereal Bowl WG Crackers	WG Cereal Bar WG Crackers, Craisins	WG Cereal Bowl WG Crackers
OR WG French Toast Sticks	OR Turkey Sausage & Cheese on WG Roll	OR Warm Toasted WG Bagel	OR Warm Fresh WG Cinnamon Ring	OR Egg/Cheese Sandwich
Raisins Apple Juice MILK	Applesauce Cup Fruit Punch, MILK	Fresh Banana Orange Juice MILK	Apple Juice MILK	Raisins Orange Juice MILK
8	9	10	11	12
Columbus Day No School	WG Oatmeal Chip Bar	WG Cereal Bowl WG Crackers	WG Muffin Raisins	WG Cereal Bowl WG Crackers
	OR Turkey Sausage & Cheese on WG Roll	OR Warm Toasted WG Bagel	OR Warm Fresh WG Cinnamon Ring	OR Egg/Cheese Sandwich
	Apple Fruit Punch, MILK	Fresh Banana Orange Juice MILK	Apple Juice MILK	Craisins Orange Juice MILK
15	16	17	18	19
WG Cereal Bowl WG Crackers	WG Oatmeal Chip Bar	WG Cereal Bowl WG Crackers	WG Cereal Bar WG Crackers, Craisins	WG Cereal Bowl WG Crackers
OR WG French Toast Sticks	OR Turkey Sausage & Cheese on WG Roll	OR Warm Toasted WG Bagel	OR Warm Fresh WG Cinnamon Ring	OR Egg/Cheese Sandwich
Raisins Apple Juice MILK	Applesauce Cup Fruit Punch, MILK	Fresh Banana Orange Juice MILK	Apple Juice MILK	Raisins Orange Juice MILK
22	23	24	25	26
WG Cereal Bowl WG Crackers	WG Oatmeal Chip Bar	WG Cereal Bowl WG Crackers	WG Muffin Raisins	WG Cereal Bowl WG Crackers
OR WG Pancakes	OR Turkey Sausage & Cheese on WG Roll	OR Warm Toasted WG Bagel	OR Warm Fresh WG Cinnamon Ring	OR Egg/Cheese Sandwich
Craisins Apple Juice MILK	Apple Fruit Punch, MILK	Fresh Banana Orange Juice MILK	Apple Juice MILK	Craisins Orange Juice MILK
29	30	31		
WG Cereal Bowl WG Crackers	WG Oatmeal Chip Bar	WG Cereal Bowl WG Crackers	WG Cereal Bar WG Crackers, Craisins	WG Cereal Bowl WG Crackers
OR WG French Toast Sticks	OR Turkey Sausage & Cheese on WG Roll	OR Warm Toasted WG Bagel	OR Warm Fresh WG Cinnamon Ring	OR Egg/Cheese Sandwich
Raisins Apple Juice MILK	Applesauce Cup Fruit Punch, MILK	Fresh Banana Orange Juice MILK	Apple Juice MILK	Raisins Orange Juice MILK

WG= Whole Grain

BUFSD is an Equal Opportunity Employer

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
			WW Bagel(4oz)-59
			WW Tortilla(8inch)-19

MENU SUBJECT TO CHANGE WITHOUT NOTICE