

# Freshman Center and High School

9/26/2018

## Brentwood UFSD Food Service Lunch Menu

# OCTOBER 2018

*Food and Fitness  
Fuel for a Lifetime*

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Nugget Bites on WG Roll Mashed Sweet Potato Vegetable Medley Pears Milk  <b>WG Sandwich of the Day</b> Turkey & Cheese WG Flatbread Melt Turkey with American Cheese	Turkey Nachos WG Tortilla Chips WG Brown Rice Mixed Bean Salad Sweet Peas Fresh Fruit Basket, Milk  <b>WG Sandwich of the Day</b> Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese	<b>*B* LOCAL WEDNESDAY</b> Pizza Crunchers Regular and Buffalo Romaine & Garden Mix Salad WG French Bread Steamed Broccoli Applesauce, Milk  <b>WG Sandwich of the Day</b> Meatball Parmigiana Hero Bologna & Cheese	Turkey, Turkey Bacon and Lettuce on a WG Roll Seasoned Potato Wedge Roasted Butternut Squash Fresh Fruit Basket Milk  <b>WG Sandwich of the Day</b> BBQ Chix/Cheese/TurkeyBacon on Roll Chicken Wrap	WG Stuffed Crust Pizza Plain or Pepperoni Cucumbers & Ranch Dip chickpea Salad Peaches Milk  <b>WG Sandwich of the Day</b> Hot Italian Club Hero WG Salami
8	9	10	11	12
<b>Columbus Day No School</b>	New Item WG Beef & Bean Burrito WG Brown Rice Lettuce, Cheese & Salsa Corn & Black Bean Salad Fresh Fruit Basket Milk  <b>WG Sandwich of the Day</b> Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese	<b>*B* LOCAL WEDNESDAY</b> Homemade Ziti with Meat WG French Bread Tossed Green Farm Salad Mixed Vegetables Pears Milk  <b>WG Sandwich of the Day</b> Steak & Cheddar Club Melt Italian Combo	<b>NEW ITEM-Octoberfest</b> Egg Canadian Ham & Cheese On a Pretzel Roll Carrot Stix & Dip Baked Potato Fries Fresh Fruit Basket Milk  <b>WG Sandwich of the Day</b> Chicken Patty American Ch Melt Chicken on a Kaiser Roll	WG French Bread Pizza Plain or Roasted Vegetable Steamed Broccoli Three Bean Salad Applesauce Milk  <b>WG Sandwich of the Day</b> Hamburger/Cheeseburger WG Salami
15	16	17	18	19
Chicken Nugget Chunks on WG Roll Sweet Potato Tots Green Beans Chilled Pears Milk  <b>WG Sandwich of the Day</b> Turkey & Cheese WG Flatbread Melt Turkey with American Cheese	Pepperoni Pinwheels Mixed Bean Salad Celery & Dip Fresh Fruit Basket Milk  <b>WG Sandwich of the Day</b> Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese	<b>*B* LOCAL WEDNESDAY</b> Hamburger/Cheeseburger Oven Baked Fries Farm Fresh Spinach Salad Applesauce Milk  <b>WG Sandwich of the Day</b> Meatball Parmigiana Hero Bologna & Cheese	<b>BRUNCH FOR LUNCH</b> WG Cinnamon French Toast Sticks Ham Slice Sweet Green Peas Cucumber Salad WG Farmers Market Cookies Fresh Fruit Basket, Milk  <b>WG Sandwich of the Day</b> BBQ Chix/Cheese/TurkeyBacon on Roll Chicken Wrap	WG Pizza Bagel Plain Or Pepperoni Romaine Garden Salad Marinated chickpeas Peaches Milk  <b>WG Sandwich of the Day</b> BBQ Rib Club Hero WG Salami
22	23	24	25	26
Chicken Tenders on WG Roll Sweet Potato Fries Cheesy Cauliflower Mixed Fruit Cup Milk  <b>WG Sandwich of the Day</b> Turkey & Cheese WG Flatbread Melt Turkey with American Cheese	Turkey Nachos WG Tortilla Chips WG Brown Rice, Refried Beans Lettuce, Cheese, Salsa Fresh Fruit Basket Plantains, Milk  <b>WG Sandwich of the Day</b> Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese	<b>*B* LOCAL WEDNESDAY</b> WG Meatball Hero Farm Fresh Kale & Apple Salad Steamed Carrots Pears Milk  <b>WG Sandwich of the Day</b> Steak, Onion & Pepper Hero Italian Combo	Colby Cheese Omelet Chicken Sausage WG Kaiser Roll Baked Potato Fries Glazed Carrots Fresh Fruit Basket, Milk  <b>WG Sandwich of the Day</b> Chicken Patty American Ch Melt Chicken on a Kaiser Roll	WG Fresh Homemade Pizza Plain or Broccoli Spinach Salad Black Bean Salad Applesauce Milk  <b>WG Sandwich of the Day</b> Hamburger/Cheeseburger WG Salami
29	30	31		
Chicken Patty on a WG Roll Brown Sugar Butternut Squash Mixed Bean Salad Peaches Milk  <b>WG Sandwich of the Day</b> Turkey & Cheese WG Flatbread Melt WG Turkey&TurkeyBLT	Pizza Crunchers WG French Bread Tex Mex Salad Zucchini Fresh Fruit Basket Milk  <b>WG Sandwich of the Day</b> Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese	<b>*B* LOCAL WEDNESDAY</b> <b>Happy Halloween</b> WG Mozzarella Sticks & Dipping Sauce Pasta Marinara, Broccoli Farmer's Mixed Green Salad Frozen Fruit Cup, Milk <b>Happy Birthday Celebration</b>  <b>WG Sandwich of the Day</b> Meatball Parmigiana Hero Bologna & Cheese	<b>Student Lunch Prices:</b> Reduced: \$0.00 Full Price: \$1.30 Additional Lunch: \$2.75 Adult Lunch \$3.75+tax  Carol Ann Grodski, MS, RDN, CDN/N Coordinator School Food Services 631-434-2316 We are an Equal Opportunity Employer	

WG= Whole Grain

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### 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.

**\*B\* LOCAL WEDNESDAY**  
Long Island  
Farm Fresh Greens  
Are Being Served  
on Wednesdays

**FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY**