

East K- Pine Park Kindergarten

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 Crackers Raisins Apple Juice MILK 8	WG Oatmeal Chip Bar Applesauce Cup Fruit Punch MILK 9	WG Cereal Bowl WG Crackers Fresh Banana Orange Juice MILK 10	WG Cereal Bar WG Crackers Craisins Apple Juice MILK 11	WG Cereal Bowl WG Crackers Raisins Orange Juice MILK 12
Columbus Day No School	WG Oatmeal Chip Bar Apple Fruit Punch MILK 16	WG Cereal Bowl WG Crackers Fresh Banana Orange Juice MILK 17	WG Muffin Raisins Apple Juice MILK 18	WG Cereal Bar WG Crackers Craisins Orange Juice MILK 19
WG Cereal Bowl WG Crackers Raisins Apple Juice MILK 22	WG Oatmeal Chip Bar Applesauce Cup Fruit Punch MILK 23	WG Cereal Bowl WG Crackers Fresh Banana Orange Juice MILK 24	WG Cereal Bar WG Crackers Craisins Apple Juice MILK 25	WG Cereal Bowl WG Crackers Raisins Orange Juice MILK 26
WG Cereal Bowl WG Crackers Craisins Apple Juice MILK 29	WG Oatmeal Chip Bar Apple Fruit Punch MILK 30	WG Cereal Bowl WG Crackers Fresh Banana Orange Juice MILK 31	WG Muffin Raisins Apple Juice MILK	WG Cereal Bowl WG Crackers Craisins Orange Juice MILK
WG Cereal Bowl WG Crackers Raisins Apple Juice MILK	WG Oatmeal Chip Bar Applesauce Cup Fruit Punch MILK	WG Cereal Bowl WG Crackers Fresh Banana Orange Juice MILK		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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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