

East K- Pine Park Kindergarten

9/26/2018

Brentwood UFSD Food Service Lunch Menu

OCTOBER 2018

*Food and Fitness
Fuel for a Lifetime*

| Monday 1 | Tuesday 2 | Wednesday 3 | Thursday 4 | Friday 5 |
|--|--|--|---|--|
| Chicken Nugget Bites on a WG Bun Mashed Sweet Potato Vegetable Medley Pears Milk | Turkey Nachos WG Tortilla Chips WG Brown Rice Mixed Bean Salad Sweet Peas Fresh Fruit Basket Milk | *B* LOCAL WEDNESDAY Pizza Crunchers WG French Bread Romaine & Garden Mix Salad Steamed Broccoli Applesauce Milk | Turkey, Turkey Bacon and Lettuce on a WG Roll Seasoned Potato Wedge Roasted Butternut Squash Fresh Fruit Basket Milk | WG Sicilian Pizza Plain or Pepperoni Cucumbers & Ranch Dip Chickpea Salad Peaches Milk |
| 8 | 9 | 10 | 11 | 12 |
| Columbus Day No School | New Item WG Beef & Bean Burrito WG Brown Rice Lettuce, Cheese & Salsa Corn & Black Bean Salad Fresh Fruit Basket Milk | *B* LOCAL WEDNESDAY Homemade Ziti with Meat WG French Bread Tossed Green Farm Salad Mixed Vegetables Pears Milk | NEW ITEM-Octoberfest Canadian Ham & Cheese On a Pretzel Roll Carrot Stix & Dip Baked Potato Fries Fresh Fruit Basket Milk | WG French Bread Pizza Plain or Roasted Vegetable Steamed Broccoli Three Bean Salad Applesauce Milk |
| 15 | 16 | 17 | 18 | 19 |
| Chicken Nugget Chunks on WG Roll Sweet Potato Tots Green Beans Chilled Pears Milk | Pepperoni Pinwheels Mixed Bean Salad Celery & Dip Fresh Fruit Basket Milk | *B* LOCAL WEDNESDAY Hamburger on a WG Bun Oven Baked Fries Farm Fresh Spinach Salad Applesauce Milk | BRUNCH FOR LUNCH WG Cinnamon French Toast Sticks Ham Slice Sweet Green Peas Cucumber Salad WG Farmers Market Cookies Fresh Fruit Basket Milk | WG Pizza Bagel Plain Or Pepperoni Romaine Garden Salad Marinated chickpeas Peaches Milk |
| 22 | 23 | 24 | 25 | 26 |
| Chicken Tenders on WG Roll Sweet Potato Fries Cheesy Cauliflower Mixed Fruit Cup Milk | Turkey Nachos WG Tortilla Chips WG Brown Rice Refried Beans Lettuce, Cheese & Salsa Plantains Fresh Fruit Basket, Milk | *B* LOCAL WEDNESDAY WG Meatball Hero Farm Fresh Kale & Apple Salad Steamed Carrots Pears Milk | WG Waffle Sticks Chicken Sausage Baked Potato Fries Glazed Carrots Fresh Fruit Basket Milk | WG Fresh Homemade Pizza Plain or Broccoli Spinach Salad Black Bean Salad Applesauce Milk |
| 29 | 30 | 31 | Student Lunch Prices: | Adult Lunch \$3.75+tax |
| Chicken Patty on WG Bun Brown Sugar Butternut Squash Mixed Bean Salad Peaches Milk | Pizza Crunchers WG French Bread Tex Mex Salad Zucchini Fresh Fruit Basket Milk | *B* LOCAL WEDNESDAY Happy Halloween WG Mozzarella Sticks & Dipping Sauce Pasta Marinara Farmer's Mixed Green Salad Broccoli Frozen Fruit Cup, Milk Happy Birthday Celebration | Reduced: \$0.00 Full Price: \$1.30 Additional Lunch: \$2.75 Carol Ann Grodski, MS, RDN, CDN/N Coordinator School Food Services 631-434-2316 We are an Equal Opportunity Employer | More Alternates: *Healthy Salad- Entrée *PowWowPak-Yogurt Fruit and WG Crackers Grab and Go Pak *Cheese Sandwich |
| 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. | | | | *B* LOCAL WEDNESDAY Long Island Farm Fresh Greens Are Being Served on Wednesdays |
| FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY | | | | |
| ALL SANDWICHES ARE MADE ON WHOLE GRAIN BREAD | | | | |
| <i>MENU SUBJECT TO CHANGE WITHOUT NOTICE</i> | | | | |