

Family Service League/Shepherds Gate/MDQ

9/26/2018

**Brentwood UFSD
Lunch Menu**

OCTOBER 2018

**Food and Fitness
Fuel for a Lifetime**

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Yogurt WG Crackers Carrot Crunchers Pears Milk	WG Salami Sandwich chickpea Salad Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY WG Turkey Ham Sandwich Romaine & Garden Mix Salad Applesauce Milk	WG Turkey & Cheese Sandwich Potato Salad Fresh Fruit Basket Milk	Mozzarella Cheese & Veggie Wrap Cucumbers & Ranch Dip Peaches Milk
8	9	10	11	12
Columbus Day No School	WG Grilled Chicken Sandwich Corn & Black Bean Salad Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY WG Turkey Ham & Cheese Sandwich Tossed Green Farm Salad Pears Milk	NEW ITEM-Octoberfest on a Pretzel Roll WG Turkey Sandwich Potato Salad Fresh Fruit Basket Milk	WG Bologna & Cheese Sandwich Cauliflower, Broccoli & Dip Applesauce Milk
15	16	17	18	19
Yogurt WG Crackers Carrot Crunchers Chilled Pears Milk	String Cheese WG Bagel Mixed Bean Salad Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY WG Turkey Ham Sandwich Farm Fresh Spinach Salad Applesauce Milk	WG Turkey and Cheese Sandwich Potato Salad WG Farmers Market Cookies Fresh Fruit Basket Milk	WG Bologna & Cheese Sandwich Celery Sticks & Dip Peaches Milk
22	23	24	25	26
Yogurt WG Crackers Carrot Crunchers Mixed Fruit Cup Milk	WG Salami Sandwich chickpea Salad Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY WG Turkey Ham & Cheese Sandwich Farm Fresh Kale & Apple Salad Pears Milk	WG Turkey Sandwich Potato Salad Fresh Fruit Basket Milk	Mozzarella Cheese & Veggie Wrap Cucumber Salad Applesauce Milk
29	30	31	Carol Ann Grodski,MS,RDN,CDN/N Coordinator School Food Services 631-434-2316 We are an Equal Opportunity Employer	Long Island Farm Fresh Greens Are Being Served on Wednesdays at all Brentwood schools
Yogurt WG Crackers Carrot Crunchers Peaches Milk	WG Grilled Chicken Sandwich Tex Mex Salad Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY Happy Halloween WG Turkey Ham Sandwich Farmers Mixed Green Salad Mixed Fruit Cup, Milk Happy Birthday Celebration		

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.

FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY

ALL SANDWICHES ARE MADE ON WHOLE GRAIN BREAD

MENU SUBJECT TO CHANGE WITHOUT NOTICE