

Middle School

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 Regular and Buffalo Romaine & Garden Mix Salad WG French Bread Steamed Broccoli Applesauce Milk	Turkey, Turkey Bacon and Lettuce on a WG Roll Seasoned Potato Wedge Roasted Butternut Squash Fresh Fruit Basket Milk	WG Stuffed Crust Pizza Plain or Pepperoni Cucumbers & Ranch Dip chickpea Salad Peaches Milk
WG Sandwich of the Day Turkey with American Cheese	WG Sandwich of the Day WG Turkey Ham w/wo Cheese	WG Sandwich of the Day Bologna & Cheese	WG Sandwich of the Day WG Chicken Wrap	WG Sandwich of the Day WG Salami
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 Egg 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
	WG Sandwich of the Day Turkey Ham w/wo Cheese	WG Sandwich of the Day Grilled Cheese	WG Sandwich of the Day Chicken on a Kaiser Roll	WG Sandwich of the Day Salami
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/Cheeseburger 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
WG Sandwich of the Day Turkey with American Cheese	WG Sandwich of the Day Turkey Ham w/wo Cheese	WG Sandwich of the Day Bologna & Cheese	WG Sandwich of the Day Chicken Wrap	WG Sandwich of the Day Salami
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	Colby Cheese Omelet Chicken Sausage WG Kaiser Roll Baked Potato Fries Glazed Carrots Fresh Fruit Basket Milk	WG Fresh Homemade Pizza Plain or Broccoli Spinach Salad Black Bean Salad Applesauce Milk
WG Sandwich of the Day Turkey with American Cheese	WG Sandwich of the Day WG Turkey Ham w/wo Cheese	WG Sandwich of the Day WG Grilled Cheese	WG Sandwich of the Day WG Chicken on a Kaiser Roll	WG Sandwich of the Day WG Salami
29	30	31	BUFSD is an Equal Opportunity Employer	
Chicken Patty on a WG Roll 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, Broccoli Farmer's Mixed Green Salad Frozen Fruit Cup, Milk	Student Lunch Prices: Reduced: \$0.00 Full Price: \$1.30 Additional Lunch: \$2.75	Adult Lunch \$3.75+tax More Alternates: * Healthy Salad- Entrée * PowWowPak-Yogurt, Fruit and WG Crackers *Vegan Burger *Cheese Sandwich *Peanut Butter & Jelly Sandwich *Sun Butter & Jelly Sandwich
WG Sandwich of the Day Turkey with American Cheese	WG Sandwich of the Day WG Turkey Ham w/wo Cheese	WG Sandwich of the Day Bologna & Cheese	Carol Ann Grodski, MS, RDN, CDN/N Coordinator School Food Services 631-434-2316 We are an Equal Opportunity Employer	
WG= Whole Grain				

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

MENU SUBJECT TO CHANGE WITHOUT NOTICE