

# Freshman Center and High School

2/26/2019

**Brentwood UFSD  
Food Service**

# March 2019

**BREAKFAST  
MENU**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				<b>1</b>
				Crunch Mania Crackers <i>OR</i> Egg/Cheese Sandwich Raisins Orange Juice MILK
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>

**☞ CELEBRATE NATIONAL BREAKFAST WEEK - SCHOOL BREAK FAST- START YOUR ENGINES ☞**

<b>WG Oatmeal Bar</b>	<b>WG Cereal Bowl WG Crackers</b>	<b>WG Muffin</b>	<b>WG Cereal Bowl WG Crackers</b>	<b>Croissant Grape Jelly</b>
<i>OR</i> WG Pancakes Craisins Apple Juice MILK <b>11</b>	<i>OR</i> Turkey Sausage & Cheese on WG Roll Apple Fruit Punch, MILK <b>12</b>	<i>OR</i> Warm Toasted WG Bagel Fresh Banana Orange Juice MILK <b>13</b>	<i>OR</i> Warm Fresh WG Cinnamon Ring Apple Juice MILK <b>14</b>	<i>OR</i> Egg/Cheese Sandwich Craisins Orange Juice MILK <b>15</b>
<b>WG Oatmeal Bar</b>	<b>WG Cereal Bowl WG Crackers</b>	<b>WG Cereal Bar WG Crackers</b>	<b>WG Cereal Bowl WG Crackers</b>	<b>Cinnamon Crisp Bar</b>
<i>OR</i> WG French Toast Sticks Raisins Apple Juice MILK <b>18</b>	<i>OR</i> Turkey Sausage & Cheese on WG Roll Applesauce Cup Fruit Punch, MILK <b>19</b>	<i>OR</i> Warm Toasted WG Bagel Fresh Banana Orange Juice MILK <b>20</b>	<i>OR</i> Warm Fresh WG Cinnamon Ring Apple Juice MILK <b>21</b>	<i>OR</i> Egg/Cheese Sandwich Raisins Orange Juice MILK <b>22</b>
<b>WG Oatmeal Bar</b>	<b>WG Cereal Bowl WG Crackers</b>	<b>WG Muffin</b>	<b>WG Cereal Bowl WG Crackers</b>	<b>Strawberry Guava Flip WG Crackers</b>
<i>OR</i> WG Pancakes Craisins Apple Juice MILK <b>25</b>	<i>OR</i> Turkey Sausage & Cheese on WG Roll Apple Fruit Punch, MILK <b>26</b>	<i>OR</i> Warm Toasted WG Bagel Fresh Banana Orange Juice MILK <b>27</b>	<i>OR</i> Warm Fresh WG Cinnamon Ring Apple Juice MILK <b>28</b>	<i>OR</i> Egg/Cheese Sandwich Craisins Orange Juice MILK <b>29</b>
<b>WG Oatmeal Bar WG Crackers</b>	<b>WG Cereal Bowl WG Crackers</b>	<b>WG Cereal Bar WG Crackers</b>	<b>WG Cereal Bowl WG Crackers</b>	<b>WG Crunch Mania Crackers</b>
<i>OR</i> WG French Toast Sticks Raisins Apple Juice MILK	<i>OR</i> Turkey Sausage & Cheese on WG Roll Applesauce Cup Fruit Punch, MILK	<i>OR</i> Warm Toasted WG Bagel Fresh Banana Orange Juice MILK	<i>OR</i> Warm Fresh WG Cinnamon Ring Apple Juice MILK	<i>OR</i> Egg/Cheese Sandwich Raisins Orange Juice MILK

**WG= Whole Grain**

**BUFSD is an Equal Opportunity Employer**

ENTRÉE	CARBOHYDRATE COUNTS IN GRAMS		
	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*