

# Freshman Center and High School

2/26/2019

## Brentwood UFSD Food Service Lunch Menu

# March 2019

**Food and Fitness  
Fuel for a Lifetime**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>National Nutrition Month</b>				
<p><b>*B* LOCAL Long Island Farm Fresh Greens Are Being Served on Wednesdays &amp; NEW YORK APPLES are in the Fresh Fruit Basket at all Brentwood schools</b></p>	<p><b>Student Lunch Prices:</b> Reduced: \$0.00 Full Price: \$1.30 Additional Lunch: \$2.75 Adult Lunch \$3.85+tax</p>	<p>More Alternates: * Healthy Salad- Entrée * PowWowPak-Yogurt, Cheese, Fruit and WG Crackers *Vegan Burger *Cheese Sandwich *Peanut Butter &amp; Jelly Sandwich *Sun Butter &amp; Jelly Sandwich Tuna Is Available on Fridays</p>		<p style="text-align: center;">1</p> <p>WG Pizza Bagel Plain Or Vegetable Romaine Garden Salad Marinated Chick Peas Peaches Milk</p> <p>WG Sandwich of the Day Hot Chicken Hero Italian Combo</p>
4	5	6	7	8
<p>Chicken Tenders on WG Roll Sweet Potato Fries Cheesy Cauliflower Peach Cup Milk</p>	<p>Beef Nachos WG Tortilla Chips WG Brown Rice and Beans Lettuce, Cheese, Salsa Fresh Fruit Basket Plantains, Milk</p>	<p><b>*B* LOCAL WEDNESDAY</b> Pepperoni Pinwheel Farm Fresh Kale &amp; Apple Salad Steamed Carrots Strawberry Cup Milk</p>	<p>Brunch for Lunch French Toast Sticks Canadian Turkey Ham Oven Baked Fries Cucumber Salad Fresh Fruit Basket, Milk</p>	<p>WG Fresh Homemade Pizza Plain or Broccoli Spinach Salad Black Bean Salad Applesauce Milk</p>
<p>WG Sandwich of the Day Turkey&amp;Cheese WG Club Roll Melt Turkey with American Cheese</p>	<p>WG Sandwich of the Day Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese</p>	<p>WG Sandwich of the Day Fish Sandwich Italian Combo</p>	<p>WG Sandwich of the Day Chicken Patty American Ch Melt Chicken on a Kaiser Roll</p>	<p>WG Sandwich of the Day Hamburger Tuna</p>
11	12	13	14	15
<p>Chicken Nugget Bites WG Roll Brown Sugar Butternut Squash Mixed Bean Salad Peaches Milk</p>	<p>Beef and Bean Burrito Salsa Tex Mex Salad Zucchini Fresh Fruit Basket Milk</p>	<p><b>*B* LOCAL WEDNESDAY</b> WG Chicken Meatball Hero Farmers Mixed Green Salad Broccoli Frozen Fruit Cup Milk</p>	<p><b>HS Recipe Contest Winner</b> Simple, Perfect Chili Homemade Mac and Cheese Sweet Peas Carrots/Honey Mustard Dip Fresh Fruit Basket Milk</p>	<p>WG French Bread Pizza Plain Or Vegetable Celery &amp; Ranch Dip Corn Leprechaun Pears Shamrock Cookie, Milk</p>
<p>WG Sandwich of the Day Turkey&amp;Cheese WG Club Roll Melt Turkey with American Cheese</p>	<p>WG Sandwich of the Day Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese</p>	<p>WG Sandwich of the Day Steak &amp; Cheese Hero Chicken Salad</p>	<p>WG Sandwich of the Day BBQ Chix/Cheese/TurkeyBacon on Roll Chicken Wrap</p>	<p>WG Sandwich of the Day Hot Chicken Hero Tuna</p>
18	19	20	21	22
<p>Chicken Smackers on WG Bun Green Bean Salad Carrot Coins Applesauce Milk</p>	<p>Turkey Nachos WG Tortilla Chips WG Brown Rice Lettuce, Cheese &amp; Salsa Corn, Fresh Fruit Basket Milk</p>	<p><b>*B* LOCAL WEDNESDAY</b> Hamburger/Cheeseburger on a WG Bun Braised Greens and Beans Baked Potato Fries Peaches Milk</p>	<p><b>*new item*</b> Fish Nuggets on WG Bun Sweet Potato Tots Baked Beans Scoop a Kiwi Milk</p>	<p>WG Pizzeria Style Pizza Plain or Spinach Parmesan Spinach Roasted Cauliflower Mixed Fruit Cup Milk</p>
<p>WG Sandwich of the Day Turkey&amp;Cheese WG Club Roll Melt Turkey with American Cheese</p>	<p>WG Sandwich of the Day Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese</p>	<p>WG Sandwich of the Day Steak and Egg Hero Italian Combo</p>	<p>WG Sandwich of the Day Chicken Patty American Ch Melt Chicken on a Kaiser Roll</p>	<p>WG Sandwich of the Day Turkey and Gravy Hero Tuna</p>
25	26	27	28	29
<p>Chicken Nuggets WG Rice Glazed Carrots Vegetable Medley Pears Milk</p>	<p>National Spinach Day WG Chicken&amp;Cheese Taquitos Mixed Bean Salad Spinach Salad Fresh Fruit Basket Milk</p>	<p><b>*B* LOCAL WEDNESDAY</b> WG Breaded Mozzarella Sticks WG French Bread Marinara Dipping Sauce Romaine &amp; Garden Mix Salad Sweet Peas, Applesauce, Milk Happy Birthday Celebration</p>	<p><b>BRUNCH FOR LUNCH</b> Egg, Chicken Sausage and Cheese Croissant Hash Brown Potato Roasted Butternut Squash Fresh Fruit Basket Milk</p>	<p>WG Fresh Homemade Pizza Plain Or Vegetable Cucumbers &amp; Ranch Dip Chick Pea Salad Peaches Milk</p>
<p>WG Sandwich of the Day Turkey&amp;Cheese WG Club Roll Melt Turkey with American Cheese</p>	<p>WG Sandwich of the Day Turkey Ham/Cheddar WG Kaiser Melt Turkey Ham w/wo Cheese</p>	<p>WG Sandwich of the Day Meatball Parmigiana Hero Chicken Salad</p>	<p>WG Sandwich of the Day BBQ Chix/Cheese/TurkeyBacon on Roll Chicken Wrap</p>	<p>WG Sandwich of the Day Hot Philly Cheesesteak Hero Tuna</p>
WG= Whole Grain		BUFSD is an Equal Opportunity Employer		
<b>The 5 COMPONENTS OF SCHOOL LUNCH: FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY</b>				
<p>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.</p>				<p>Carol Ann Grodski,MS,RDN,CD/N Coordinator School Food Services 631-434-2316 We are an Equal Opportunity Employer</p>
<b>BEFORE PLACING YOUR ORDER, PLEASE INFORM THE SERVER IF YOU HAVE A FOOD ALLERGY</b>				
<b>ALL SANDWICHES ARE MADE ON WHOLE GRAIN BREAD- WG Menu Subject to Change Without Notice ☺</b>				