

Family Service League/Shepherds Gate/MDQ

2/26/2019

**Brentwood UFSD Food Service
Lunch Menu**

March 2019

**Food and Fitness
Fuel for a Lifetime**

Monday	Tuesday	Wednesday	Thursday	Friday
		National Nutrition Month		
				1
B LOCAL Long Island Farm Fresh Greens Are Being Served on Wednesdays & NEW YORK APPLES are in the Fresh Fruit Basket at all Brentwood schools				Yogurt String Cheese WG Crackers Celery Sticks & Dip Peaches Milk
4	5	6	7	8
Yogurt String Cheese WG Crackers Carrot Crunchers Peach Cup Milk	WG Bologna & Cheese Sandwich Chick Pea Salad Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY WG Turkey Ham & Cheese Sandwich Farm Fresh Kale & Apple Salad Strawberry Cup Milk	WG Turkey Sandwich Potato Salad Fresh Fruit Basket Milk	Yogurt String Cheese WG Crackers Cucumber Salad Applesauce Milk
11	12	13	14	15
Yogurt String Cheese WG Crackers Carrot Crunchers Peach Cup Milk	WG Grilled Chicken Sandwich Tex Mex Salad Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY WG Turkey Ham Sandwich Farmers Mixed Green Salad Mixed Fruit Cup Milk	WG Turkey & Cheese Sandwich Potato Salad Fresh Fruit Basket Milk	Yogurt String Cheese WG Crackers Cauliflower Broccoli & Dip Pears, Milk
18	19	20	21	22
Yogurt String Cheese WG Crackers Carrot Crunchers Applesauce Milk	American Cheese WG Bagel Mixed Bean Salad Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY WG Turkey Ham & Cheese Sandwich Fresh Greens & Beans Salad Peaches Milk	WG Turkey Sandwich Potato Salad Fresh Fruit Basket Milk	Yogurt String Cheese WG Crackers Celery Sticks & Dip Mixed Fruit Milk
25	26	27	28	29
Yogurt String Cheese WG Crackers Carrot Crunchers Pears Milk	National Spinach Day WG Grilled Chicken Sandwich Spinach Salad Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY WG Turkey Ham Sandwich Romaine & Garden Mix Salad Applesauce Cup Milk	WG Turkey & Cheese Sandwich Potato Salad Fresh Fruit Basket Milk	Yogurt String Cheese WG Crackers Cucumbers & Ranch Dip Peaches Milk

WG= Whole Grain

BUFSD is an Equal Opportunity Employer

The 5 COMPONENTS OF SCHOOL LUNCH: FILL YOUR TRAY WITH ALL 5 COMPONENTS DAILY

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.

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Coordinator School Food Services
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BEFORE PLACING YOUR ORDER, PLEASE INFORM THE SERVER IF YOU HAVE A FOOD ALLERGY

ALL SANDWICHES ARE MADE ON WHOLE GRAIN BREAD- WG

MENU SUBJECT TO CHANGE WITHOUT NOTICE