

**Brentwood UFSD Food Service
Lunch Menu**

March 2019

**Food and Fitness
Fuel for a Lifetime**

Monday	Tuesday	Wednesday	Thursday	Friday
				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	Student Lunch Prices: Reduced: \$0.00 Full Price: \$1.30 Additional Lunch: \$2.75 Adult Lunch \$3.85+tax		National Nutrition Month	
		More Alternates: * Healthy Salad- Entrée * PowWowPak-Yogurt, Cheese, Fruit and WG Crackers *Vegan Burger *Cheese Sandwich *Peanut Butter & Jelly Sandwich *Sun Butter & Jelly Sandwich Tuna Is Available on Fridays		WG Pizza Bagel Plain Or Vegetable Romaine Garden Salad Marinated Chick Peas Peaches Milk
				WG Sandwich of the Day Hot Chicken Hero
	4	5	6	7
Chicken Tenders on WG Roll Sweet Potato Fries Cheesy Cauliflower Peach Cup Milk	Beef Nachos WG Tortilla Chips WG Brown Rice and Beans Lettuce, Cheese, Salsa Fresh Fruit Basket Plantains Milk	*B* LOCAL WEDNESDAY Pepperoni Pinwheel Farm Fresh Kale & Apple Salad Steamed Carrots Strawberry Cup Milk	Brunch for Lunch French Toast Sticks Canadian Turkey Ham Oven Baked Fries Cucumber Salad 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 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 Hamburger
11	12	13	14	15
Chicken Nugget Bites WG Roll Brown Sugar Butternut Squash Mixed Bean Salad Peaches Milk	Beef and Bean Burrito Salsa Tex Mex Salad Zucchini Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY WG Chicken Meatball Hero Farmers Mixed Green Salad Broccoli Frozen Fruit Cup Milk	HS Recipe Contest Winner Simple, Perfect Chili Homemade Mac and Cheese Sweet Peas Carrots/Honey Mustard Dip Fresh Fruit Basket Milk	WG French Bread Pizza Plain Or Vegetable Celery & Ranch Dip Corn Leprechaun Pears Shamrock Cookie 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 Chicken Salad	WG Sandwich of the Day Chicken Wrap	WG Sandwich of the Day Turkey and Gravy Hero
18	19	20	21	22
Chicken Smackers on WG Bun Green Bean Salad Carrot Coins Applesauce Milk	Turkey Nachos WG Tortilla Chips WG Brown Rice Lettuce, Cheese & Salsa Corn, Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY Hamburger/Cheeseburger on a WG Bun Braised Greens and Beans Baked Potato Fries Peaches Milk	*new item* Fish Nuggets on WG Bun Sweet Potato Tots Baked Beans Scoop a Kiwi Milk	WG Pizzeria Style Pizza Plain or Spinach Parmesan Spinach Roasted Cauliflower Mixed Fruit Cup Milk
WG Sandwich of the Day Turkey with American Cheese	WG Sandwich of the Day Turkey Ham with or w/o Cheese	WG Sandwich of the Day Steak and Egg Hero	WG Sandwich of the Day Chicken on a Kaiser Roll	WG Sandwich of the Day Hot Philly Cheesesteak Hero
25	26	27	28	29
Chicken Nuggets WG Rice Glazed Carrots Vegetable Medley Pears Milk	National Spinach Day WG Chicken&Cheese Taquitos Mixed Bean Salad Spinach Salad Fresh Fruit Basket Milk	*B* LOCAL WEDNESDAY WG Breaded Mozzarella Sticks WG French Bread Marinara Dipping Sauce Romaine & Garden Mix Salad Sweet Peas Applesauce Cup, Milk Happy Birthday Celebration	BRUNCH FOR LUNCH Egg, Chicken Sausage and Cheese Croissant Hash Brown Potato Roasted Butternut Squash Fresh Fruit Basket Milk	WG Fresh Homemade Pizza Plain Or Vegetable Cucumbers & Ranch Dip Chick Pea Salad 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 Chicken Salad	WG Sandwich of the Day Chicken Wrap	WG Sandwich of the Day Salami

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.

Carol Ann Grodski,MS,RDN,CD/N
Coordinator School Food Services
631-434-2316
We are an Equal
Opportunity Employer

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