



Long Branch Alternative January 2020



EVERYDAY CHOICES
Assorted Deli Meats, Cheeses And
Salads Served On Freshly Baked
Breads Rolls And Wraps

In A Hurry? Check Out Our Fast Takes Sandwiches Made
Fresh Daily And Wrapped To Go

<p>Visit SodexoMyway for Nutrition information and more https://longbranchps.sodexomyway.com/</p>		<p>BREAKFAST IS OFFERED AT NO COST TO ALL STUDENTS</p>		<p>*Locally Sourced Fruits and Vegetables are offered upon availabilities</p>
<p>2/6 Breakfast for Lunch: Pancake w/ Sausage Patty Citrus Glazed Carrots Romaine Tossed Salad</p>	<p>2/7 Triple Dipper Tuesday: Chicken Nuggets, Pretzel Stick, Tater Tots Romaine Tossed Salad</p>	<p>2/8 Spaghetti & Meatballs Dinner Roll Garlic Sautéed Spinach Romaine Tossed Salad</p>	<p>2/9 Build a Burrito Bowl Spanish Rice Homestyle Baked Beans</p>	<p>2/10 Popcorn Chicken Bowl w/ Mashed Potatoes. Corn & Dinner Roll Romaine Tossed Salad</p>
<p>2/13 Cheesy Garlic Flatbread Sweet Potato Wedges Romaine Tossed Salad</p>	<p>2/14 Triple Dipper Tuesday: Buffalo Chicken Bites, Pretzel Nuggets, French Fries Romaine Tossed Salad</p>	<p>2/15 Penne Pasta W/ Italian Meat sauce Dinner Roll Steamed Broccoli Romaine Tossed Salad</p>	<p>2/16 Nachos Supreme w/ Meat, Cheese & Salsa Southwest Black Beans Romaine Tossed Salad</p>	<p>2/17 Fish & Chips In a Basket w/ Coleslaw Romaine Tossed Salad</p>
	<p>2/21 Beef Meatloaf w/ Mashed Potatoes, Corn & Dinner Roll Spinach Tossed Salad</p>	<p>2/22 Old Fashioned Mac & Cheese w/ Dinner Roll Steamed Broccoli & Stewed Tomatoes Spinach Tossed Salad</p>	<p>2/23 Twin Tacos w/ Rice, Cheese, Lettuce & Tomato Black Beans Spinach Tossed Salad</p>	<p>2/24 General Tso Chicken w/ Rice Teriyaki Green Beans Spinach Tossed Salad</p>
<p>2/27 Breakfast for Lunch: French Toast Sticks w/ Sausage Links Sweet Potato Fries Romaine Salad</p>	<p>2/28 Triple Dipper Tuesday: Boneless Chicken Bites, Pretzel Stick, Waffle Fries Romaine Tossed Salad</p>	<p>2/29 Orange Chicken w/ Rice Asian Style Broccoli Romaine Tossed Salad</p>	<p>2/30 Sizzling Chicken Fajitas w/ Toppings Vegetarian Refried Beans Roasted Chick Peas</p>	<p>2/31 Meatball Parm Sub Roasted Zucchini Romaine Tossed Salad</p>

Grab & Go Salads & Wraps

Week of the 6th: Garden Salad w/ Cheese & Chicken Caesar Wrap
Week of the 13th: Chicken Caesar Salad & Tuna Sub
Week of the 21th: Buffalo Chicken Salad & Turkey Club Wrap
Week of the 27th: Chef Salad & Italian Sub
Triple Decker Peanut Butter Available Daily

Monday: Cheeseburger/ Chicken Patty
Tuesday : Cheese or Pepperoni Pizza / Twin Hot Dog
Wednesday: Cheeseburger / Grilled Chicken Sandwich
Thursday: Grilled Ham & Cheese Pretzel Melt/ Buffalo Chicken Patty
Friday: Philadelphia Cheese Steak/ Cheese or Pepperoni Pizza

SIDES OFFERED DAILY WITH LUNCH CHOICES
Assorted Fresh Fruits and Vegetables, Specialty Made Salads, Assorted Low Fat and Skim Milks
Assorted 100% Fruit Juice
House Made Soups offered Tuesdays and Thursdays