



**Long Branch
Alternative
Academy
December 2022**

DELI BAR

**Assorted Deli Meats, Cheeses and
Toppings Made to Order on Freshly
Baked Breads, Rolls and Wraps**

<p>Visit: SodexoMyWay for Nutrition Information and more</p> <p>https://longbranch ps.sodexomyway. com</p>		<p><u>Available Daily:</u> Triple Decker Peanut Butter \$ Jelly Sandwich</p>	<p>12/1 Herb Roasted Chicken Stewed Pinto Beans Simmered Collard Greens Breadstick <u>Every Day Selects</u> Grilled Ham & Cheese Sandwich</p>	<p>12/2 Italian Meatball Parm Sub Baked Sweet Potato Fries <u>Every Day Selects</u> Asst. Pizzas</p>
<p>12/5 Sweet & Sour Chicken & Vegetable Stir Fry over Steamed Rice <u>Every Day Selects</u> Hamburger & Cheeseburger</p>	<p>12/6 Breaded Filet 'O' Fish Sandwich on a Bun w/ Tartar Sauce Crispy Baked Fries Sautéed Spinach <u>Every Day Selects</u> Asst. Pizzas</p>	<p>12/7 Penne Pasta Alfredo w/ Dinner Roll Italian Roasted Butternut Squash <u>Every Day Selects</u> Chicken Patty on a Bun</p>	<p>12/8 Boneless Buffalo Chicken Wings w/ Biscuit Buttered Golden Corn <u>Every Day Selects</u> Grilled Cheese Sandwich</p>	<p>12/9 BBQ Beef Riblet Sandwich on a Bun Crispy Baked Fries Steamed Broccoli <u>Every Day Selects</u> Asst. Pizzas</p>
<p>12/12 "Breakfast for Lunch" Cinnamon Swirl French Toast w/ Syrup Sausage Patty Seasoned Home Fries <u>Every Day Selects</u> Hamburger & Cheeseburger</p>	<p>12/13 Fajita Chicken over Fiesta Rice Aztec Corn <u>Every Day Selects</u> Asst. Pizzas</p>	<p>12/14 Macaroni & Cheese w/ Dinner Roll Seasoned Green Beans <u>Every Day Selects</u> Spicy Chicken Patty on a Bun</p>	<p>12/15 Beef & Cheese Nachos w/ Salsa & Sour Cream Simmered Mexican Black Beans Roasted Vegetables <u>Every Day Selects</u> Hamburger & Cheeseburger</p>	<p>12/16 Italian Chicken Parm Sub Parmesan Green Beans <u>Every Day Selects</u> Asst. Pizzas</p>
<p>12/19 Chicken Nuggets w/ Dinner Roll Baked French Fries Steamed Golden Corn <u>Every Day Selects</u> Grilled Ham & Cheese Sandwich</p>	<p>12/20 Sliced Turkey w/ Gravy Mashed Potatoes & Corn w/ Dinner Roll <u>Every Day Selects</u> Asst. Pizzas</p>	<p>12/21 Pasta & Meat Sauce w/ Dinner Roll Buttered Mixed Vegetables <u>Every Day Selects</u> Chicken Patty on a Bun</p>	<p>12/22 Popcorn Chicken w/ Dinner Roll Steamed Carrots Crispy Tater Tots <u>Every Day Selects</u> Hamburger & Cheeseburger</p>	<p>12/23 School Closed</p>
<p>12/26 School Closed</p>	<p>12/27 School Closed</p>	<p>12/28 School Closed</p>	<p>12/29 School Closed</p>	<p>12/30 School Closed</p>

SUPER FOODS & GARDEN SELECTS

Week of the 1st: Berry Patch Smoothie / Buffalo Chicken Salad w/ Dinner Roll / Garden Salad Bar / Variety of Fresh Fruit

Week of the 5th: Tokyo Teriyaki Noodle Bowl / Fruit & Yogurt Parfait / Garden Salad Bar / Variety of Fresh Fruit

Week of the 12th: Turkey Cheddar Ranch Wrap / Chicken Caesar Salad w/ Dinner Roll / Garden Salad Bar / Variety of Fresh Fruit

Week of the 19th: Chef Salad w/ Dinner Roll / Fruit & Yogurt Parfait / Garden Salad Bar / Variety of Fresh Fruit

Week of the 26th: School Closed