

MONDAY

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1%, Fat Free Chocolate)

Menu Subject to Change

TUESDAY

Thrive Garden Bar
Daily: Romaine or Spinach Salad
Monday: Carrot Sticks
Tuesday: Chilled Corn Salad
Wednesday: Broccoli Dippers
Thursday: Bean Salad & Carrots
Friday: Celery Sticks

WEDNESDAY



THURSDAY

2

Visit SodexoMyway for Nutrition information and more
<https://longbranch.ps.sodexomyway.com/>

FRIDAY



So Happy

Sodexo's menu app with nutrition and allergen information!

6

BREAKFAST FOR LUNCH
Fluffy Pancakes with Sausage

Bacon Cheeseburger
Cinnamon Sweet Potatoes

7

Loaded Tots
with Buttermilk Biscuit

Chicken Tenders
with Dinner Roll

Tater Tots

8

Spaghetti & Meatballs

Pizza Bagels

Roasted Broccoli

9

Chicken & Waffles
Cheese Quesadilla with Salsa
Homestyle Baked Beans

10

French Bread Pizza
Hot Ham & Cheese Sliders
Parmesan Green Beans

1/6-1/10: Italian Sub, Southern Style Crispy Chicken Salad with Corn Muffin, Pretzel Boat and Parfait Paradise Bento Box Offered Daily

13

Cheesy Garlic Flatbread
Mascot Burger
Sweet Potato Wedges

14

Poppin Popcorn Chicken
with Dinner Roll
Grilled Pretzel Melt
Baked French Fries

15

STICKER DAY

Penne Pasta
with Italian Meat Sauce
Chicken Patty Sandwich
Caesar Side Salad

16

Nachos Supreme
with Meat, Cheese & Salsa
Chicken Fajita on Wrap
Southwest Black Beans

17

Cheese or Pepperoni Pizza
Corn Dog
Cucumber Coins

1/13-1/17: Turkey & Cheese Sub, Garden Salad with Cheese & Roll, Yogurt Bag and Crazy Cheese Cube Bento Box Offered Daily



21

Roasted Chicken in a Basket
with Buttermilk Biscuit
Hot Diggity Dog
Waffle Fries

22

Old Fashioned Mac & Cheese
Chicken Parm Sandwich
Steamed Broccoli & Stewed Tomatoes

23

Twin Tacos
with Rice, Cheese, Lettuce & Tomato
BBQ Rib Sandwich
Roasted Chickpeas

24

Mini Personal Pizza
Grilled Cheese with Tomato Soup
Steamed Green Beans

1/21-1/24: Ham & Cheese Sub, Turkey Club Salad with Roll, Bagel Bag and Egg & Muffin Bento Box Offered Daily

27

BREAKFAST FOR LUNCH
French Toast Sticks with Sausage
All American Cheeseburger
Sweet Potato Fries

28

Chicken Nuggets
with Dinner Roll
Pepperoni Pizza Pocket
Emoji Fries

29

Homemade Baked Ziti w/
Garlic Bread
Philly Cheesesteak
Steamed Broccoli

30

Old Fashioned Meatloaf w/ Gravy
Mashed Potatoes
Build a Burrito Bowl
Southwest Black Beans

31

French Bread Pizza
Cheese or Pepperoni
Corn Dog Nuggets
Roasted Zucchini

1/27-1/31: Tuna Salad Sub, Chicken Caesar Salad with Roll, Cheese & Pretzel Goldfish Boat and Pinwheel Party Bento Box Offered Daily

Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

Source: <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bacon, Egg & Cheese on a Bun Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	Golden Pancakes w/Syrup Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Egg & Cheese on a Bun Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal
Bacon, Egg & Cheese on a Bun Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	Whole Grain Waffles w/ Syrup Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Ham, Egg & Cheese on a Bun Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal
School Closed	Golden Pancakes w/Syrup Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Egg & Cheese on a Bun Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal
Bacon, Egg & Cheese on a Bun Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	Whole Grain Waffles w/ Syrup Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Ham, Egg & Cheese on a Bun Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal

Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil. Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.



Make checks payable to: Long Branch Board of Education
5 Lunches ---10 Lunches--- 20 Lunches----- 25 Lunches
\$10.00-----\$20.00-----\$40.00-----\$50.00

Nutrition Information is available upon request.