

MONDAY



TUESDAY



WEDNESDAY

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, Lactaid and 1% or fat free chocolate)

THURSDAY

1
****EAT A RED APPLE DAY****
 Fiesta Quesadilla with Salsa
 Chicken Parm Sandwich
 Golden Corn
 Roasted Chickpeas
 Fresh Fruit
 Fruit Cup

FRIDAY

2
 Cheese Pizza
 Buffalo Chicken Wrap
 Celery Sticks
 Fresh Fruit
 Fresh Cup

Offered Daily 12/1-12/2: Parfait Paradise Bento Box, Turkey & Cheese Sub, Yogurt & Bagel Bag

5

Stuffed Breadsticks w/ Cheese
 Marinara Sauce
 Meatball Parm Sub
 Cucumber Coins
 Fresh Fruit
 Fruit Cup

6

Breakfast for Lunch:
 Golden French Toast Sticks with Turkey Sausage
 Chicken Patty Sandwich
 Cinnamon Sweet Potatoes
 Fresh Fruit
 Fruit Cup

7

Sweet & Sour Chicken with Rice
 Hot Diggity Dog
 Roasted Broccoli
 Fresh Fruit
 Fruit Cup

8

Loaded Totchos with Buttermilk Biscuit
 All American Cheeseburger
 Crispy Tater Tots
 Fresh Fruit
 Fruit Cup

9

Cheese Pizza
 Chicken Patty on a Bun
 Cucumber Slices
 Fresh Fruit
 Fruit Cup

Offered Daily 12/5-12/9: Chef Salad w/ Dinner Roll, Crispy Chicken Wrap, Yogurt & Bagel Bag

12

Macaroni & Cheese with Dinner Roll
 Philly Cheesesteak Sandwich
 Mixed Vegetables
 Fresh Fruit
 Fruit Cup

13

Chicken Nuggets w/ Dinner Roll
 Cheese Quesadilla with Salsa
 Baked French Fries
 Fresh Fruit
 Fruit Cup

14

Homestyle Baked Ziti with Garlic Breadstick
 Crispy Chicken BLT Sandwich
 Sautéed Spinach
 Fresh Fruit
 Fruit Cup

15

Poppin' Popcorn Chicken Bowl with Dinner Roll
 Corn Dog
 Creamy Mashed Potatoes & Sweet Corn
 Fresh Fruit
 Fruit Cup

16

French Bread Pizza
 Chicken Fajitas Wrap
 Roasted Carrot Sticks
 Fresh Fruit
 Fruit Cup

Offered Daily 12/12-12/16: Egg & Muffin Bento Box, Ham & Cheese Sub, Yogurt & Bagel Bag

19

Oven Roasted Chicken w/ Dinner Roll
 Build a Burger Bar
 Potato Wedges
 Fresh Fruit
 Fruit Cup

20

Twin Tacos with Meat, Cheese & Toppings
 BBQ Grilled Chicken Sandwich
 Sweet Corn
 Fresh Fruit
 Fruit Cup

21

Chicken Nuggets with Dinner Roll
 Hot Dog on a Bun
 Vegetarian Baked Beans
 Fresh Fruit
 Fruit Cup

22

Cheese Pizza
 Grilled Cheese Sandwich
 Parmesan Green Beans
 Fresh Fruit
 Fruit Cup

23

NO SCHOOL
 WINTER RECESS

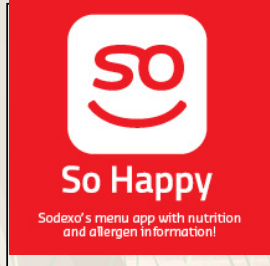
Offered Daily 12/19/12/23: Deli Stackable Bento Box, Chef Salad w/ Flatbread, Yogurt & Bagel Bag

26

Visit:
 SodexoMyWay for Nutrition Information and more
<https://longbranch.ps.sodexomyway.com>

27

NO SCHOOL
 WINTER RECESS



29

NO SCHOOL
 WINTER RECESS



Supporting Achievement

Students achieve their best when they are attentive and ready to learn. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to: 5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter, is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to consuming 5 servings of fruits and vegetables daily. In addition, substituting water with flavor-infused fruit instead of soda or other sweetened beverages not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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.liftoffsplyground.com

BREAKFAST

BREAKFAST

MONDAY: 5-12-19 / Whole Grain Waffles with Syrup

TUESDAY: 6-13-20 / Egg & Cheese on a Bagel

WEDNESDAY: 7-14-21 / Tony's Breakfast Pizza

THURSDAY: 1-8-15-22 / Golden Pancake with Syrup

FRIDAY: 2-9-16 / Delicious Breakfast Burrito

AVAILABLE DAILY:

Bagel w/ Cream Cheese

Whole Grain Donut

Assorted Muffins

Assorted Cereal

Yogurt w/ Graham Crackers

Assorted Fresh Fruit

Assorted 100% Fruit Juice

Assorted Low Fat Milk

Fresh Pick Recipe

WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

NUTRITION FACTS:
13 calories, .08g fat,
5mg sodium, .65g fiber



So Happy

Sodexo's menu app with nutrition and allergen information!

Due to nationwide product and ingredient shortages, menus are subject to change based on product availability. Although menus may change, our teams are working hard to ensure that students still have access to a variety of well-balanced and healthy meal options.

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.

