

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Corn Dog</p> <p>Chicken Quesadilla</p> <p>Sweet Potato Fries Deli Bento Box Bagel Fun Lunch Turkey Ham & Cheese on a Roll Salad Bar Fresh or Chilled Fruit Cup</p>	<p>4</p> <p>Beef Nachos</p> <p>Bean & Cheese Nachos</p> <p>Pinto Bean Deli Bento Box Bagel Fun Lunch Turkey Ham & Cheese on a Roll Salad Bar Fresh or Chilled Fruit Cup</p>	<p>5</p> <p>Stuffed Breadsticks w/ Marinara Sauce</p> <p>Greek Chicken Shawarma</p> <p>Green Beans Deli Bento Box Bagel Fun Lunch Turkey Ham & Cheese on a Roll Salad Bar</p>	<p>6</p> <p>General Tso Popcorn Chicken</p> <p>Brazilian Chicken Sandwich</p> <p>Steamed Rice & Carrot Coins Deli Bento Box Bagel Fun Lunch Turkey Ham & Cheese on a Roll Salad Bar Fresh or Chilled Fruit Cup</p>	<p>7</p> <p>Cheese or Pepperoni French Bread Pizza</p> <p>Broccoli Florets w/ Ranch Deli Bento Box Bagel Fun Lunch Turkey Ham & Cheese on a Roll Salad Bar Fresh or Chilled Fruit Cup</p>
<p>10</p> <p>Chicken Tender & Waffles</p> <p>Egg and Cheese on English Muffin</p> <p>Smiley Fries Garden Vegetables with Cheese Cereal Fun Lunch Turkey & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>	<p>11</p> <p>Beef Tacos with all the fixings</p> <p>Mediterranean Chicken Gyro</p> <p>Golden Corn Garden Vegetable with Cheese Cereal Fun Lunch Turkey & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>	<p>12</p> <p>Chicken Patty on a Bun</p> <p>Baked Ziti</p> <p>Parmesan Green Beans Garden Vegetables with Cheese Cereal Fun Lunch Turkey & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>	<p>13</p> <p>Popcorn Chicken Bowl w/ Biscuit</p> <p>Crispy Fish Sticks</p> <p>Mashed Potatoes Garden Vegetables with Cheese Cereal Fun Lunch Turkey & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>	<p>14</p> <p>Cheese or Pepperoni Pizza</p> <p>Carrot Coins Garden Vegetables with Cheese Cereal Fun Lunch Turkey Ham & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>
<p>17</p> <p>Crispy French Toast Sticks Turkey Sausage</p> <p>Meatball Sub</p> <p>Candied Sweet Potatoes EZ Pizza Bento Box Chocolate Muffin Fun Lunch Italian Sub / Salad Bar Fresh or Chilled Fruit Cup</p>	<p>18</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Falafel Sandwich</p> <p>Crispy Fries EZ Pizza Bento Box Chocolate Muffin Fun Lunch Italian Sub Salad Bar Fresh or Chilled Fruit Cup</p>	<p>19</p> <p>Hot Dog on a Bun</p> <p>Greek Chicken Shawarma</p> <p>Broccoli Florets EZ Pizza Bento Box Chocolate Muffin Fun Lunch Italian Sub Salad Bar Fresh or Chilled Fruit Cup</p>	<p>20</p> <p>FROZEN THEMED LUNCH: Kristoff's Savory Swedish Meatballs w/ Mashed Potatoes Olaf Noses: Carrot Sticks Princess Annas: Pizza Bento Box Chocolate Muffin Fun Lunch Italian Sub Salad Bar Fresh or Chilled Fruit Cup</p>	<p>21</p> <p>Cheese or Pepperoni Cheese Pizza</p> <p>Sweet Peas EZ Pizza Bento Box Chocolate Muffin Fun Lunch Italian Sub Salad Bar Fresh or Chilled Fruit Cup</p>
<p>24</p> <p>Chicken Patty on a Bun</p> <p>Cheese Omelet on Bagel</p> <p>Sweet Potato Fries Chef Salad w/ Dinner Roll Bagel Fun Lunch Turkey Ham & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>	<p>25</p> <p>Beef Taco Totcho w. Dinner Roll</p> <p>Chicken Fajitas Taco</p> <p>Seasoned Black Beans Chef Salad w/ Dinner Roll Bagel Fun Lunch Turkey Ham & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>	<p>26</p> <p>Spaghetti W/ Meatballs</p> <p>Golden Grilled Cheese</p> <p>Italian Green Beans Chef Salad w/ Dinner Roll Bagel Fun Lunch Turkey Ham & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>	<p>27</p> <p>Cheeseburger on a Bun</p> <p>Turkey Carnitas Tacos</p> <p>Crispy Fries Chef Salad w/ Dinner Roll Bagel Fun Lunch Turkey Ham & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>	<p>28</p> <p>Cheese or Pepperoni French Bread Pizza</p> <p>Mixed Vegetables Chef Salad w/ Dinner Roll Bagel Fun Lunch Turkey Ham & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>
<p>31</p> <p>Cheeseburger on a Bun</p> <p>Mediterranean Chicken Gyro</p> <p>Crispy Fries Chicken Bento Box with Goldfish Cereal Fun Lunch Turkey & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>	<p>1</p> <p>Corn Dog</p> <p>Alfredo Mac. w/ Garlic Bread</p> <p>Steamed Broccoli Chicken Bento Box with Goldfish Cereal Fun Lunch Turkey & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>	<p>2</p> <p>Chicken Drumstick w/ Dinner Roll</p> <p>Greek Chicken Shawarma</p> <p>Steamed Green Beans Chicken Bento Box with Goldfish Cereal Fun Lunch Turkey & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>	<p>3</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Cuban Turkey Sandwich</p> <p>Crispy Fries Chicken Bento Box with Goldfish Cereal Fun Lunch Turkey & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>	<p>4</p> <p>Cheese or Pepperoni Pizza</p> <p>Carrot Coins Chicken Bento Box with Goldfish Cereal Fun Lunch Turkey & Cheese Sandwich Salad Bar Fresh or Chilled Fruit Cup</p>
<p>7</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Falafel Sandwich</p> <p>Sweet Potato Fries Chicken Caesar Salad Banana Muffin Fun Lunch Italian Sub Salad Bar Fresh or Chilled Fruit Cup</p>	<p>8</p> <p>Macaroni & Cheese</p> <p>BBQ Diced Chicken Sandwich</p> <p>Parmesan Green Beans Chicken Caesar Salad Banana Muffin Fun Lunch Italian Sub Salad Bar Fresh or Chilled Fruit Cup</p>	<p>9</p> <p>Breakfast for Lunch: Golden Pancake w/ Turkey Sausage</p> <p>Grilled Ham & Cheese on a Bun Tator Tots Chicken Caesar Salad Banana Muffin Fun Lunch Italian Sub Salad Bar Fresh or Chilled Fruit Cup</p>	<p>10</p> <p>Bacon Cheeseburger</p> <p>Homemade Cheese Calzone</p> <p>Steamed Broccoli Chicken Caesar Salad Banana Muffin Fun Lunch Italian Sub Salad Bar Fresh or Chilled Fruit Cup</p>	<p>11</p> <p>Cheese or Pepperoni Pizza</p> <p>Citrus Carrot Chicken Caesar Salad Banana Muffin Fun Lunch Italian Sub Salad Bar Fresh or Chilled Fruit Cup</p>

National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.



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

BREAKFAST

Available Daily:

Assorted Cereal with Graham Cracker, WG Donut
Warm Bagel & Cream Cheese, Assorted WG Pop Tart
Assorted Cereal Bar, Assorted Muffins
Yogurt w/ Graham Crackers
Chilled Canned Fruit, Fresh Fruit
Assorted 100% Fruit Juice
1% white Milk & Skim Milk

MONDAY: March 3-10-17-24-31 & April 7-14-21-28

Breakfast Pizza

TUESDAY: March 4-11-18-25 & April 1-8-15-22-29

Mini Pancake

WEDNESDAY: March 5-12-19-26 & April 2-9-16-23-30

French Toast Sticks w/ Syrup

THURSDAY: March 6-13-20-27 & April 3-10-17-24

Egg & Cheese on a Bun

FRIDAY: March 7-14-21-28 & April 4-11-18-25

Wild Blueberry Waffle

Fresh Pick Recipe

RICE WITH LEMONY
CUCUMBER SAUCE

- 2 cup Rice(preferably brown/cooked according to package directions)
- 1 ½ cup Plain yogurt(non fat)
- 1 cup Cucumber(medium dice)
- 1 T Lemon Juice
- ½ t Lemon zest
- 2 t dry mint
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In a small bowl add the yogurt, cucumber, lemon juice, zest, mint and salt and pepper to taste.
3. Serve rice with a healthy portion of the sauce on the side.

Sodexo Proudly support clean, sustainable agriculture, and we purchase local whenever possible and seasonally available



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.