



Long Branch Elementary Menu

MAY/JUN

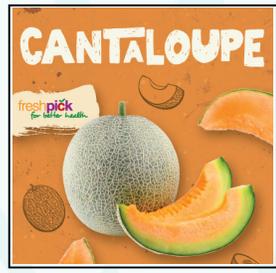
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Lo Mein Orange Chicken **1**
 Teriyaki Meatball Noodle Bowl
 Carrot Coins
 EZ Pizza Bento Box
 Chocolate Muffin Fun Lunch
 Italian Sub
 Salad Bar
 Fresh or Chilled Fruit Cup

2
 Cheese or Pepperoni
 French Bread Pizza
 Sweet Peas
 EZ Pizza Bento Box
 Chocolate Muffin Fun Lunch
 Italian Sub
 Salad Bar
 Fresh or Chilled Fruit Cup

CINCO DE MAYO 5
 Beef Taco Totcho w/ Dinner Roll
 Chicken Fajitas Taco
 Seasoned Black Beans
 Chef Salad w/ Dinner Roll
 Bagel Fun Lunch
 Turkey Ham & Cheese Sandwich
 Salad Bar

6
 Chicken Patty on a Bun
 Cheese Omelet on Bagel
 Sweet Potato Fries
 Chef Salad w/ Dinner Roll
 Bagel Fun Lunch
 Turkey Ham & Cheese Sandwich
 Salad Bar
 Fresh or Chilled Fruit Cup

7
 Spaghetti W/ Meatballs
 Golden Grilled Cheese
 Italian Green Beans
 Chef Salad w/ Dinner Roll
 Bagel Fun Lunch
 Turkey Ham & Cheese Sandwich
 Salad Bar
 Fresh or Chilled Fruit Cup

8
 Cheeseburger on a Bun
 Turkey Carnitas Tacos
 Crispy Fries
 Chef Salad w/ Dinner Roll
 Bagel Fun Lunch
 Turkey Ham & Cheese Sandwich
 Salad Bar
 Fresh or Chilled Fruit Cup

9
 Cheese or Pepperoni
 Pizza
 Mixed Vegetables
 Chef Salad w/ Dinner Roll
 Bagel Fun Lunch
 Turkey Ham & Cheese Sandwich
 Salad Bar
 Fresh or Chilled Fruit Cup

12
 Corn Dog
 Alfredo Mac. w/ Garlic Bread
 Steamed Broccoli
 Chicken Bento Box with Goldfish
 Cereal Fun Lunch
 Turkey & Cheese Sandwich
 Salad Bar
 Fresh or Chilled Fruit Cup

13
 Cheeseburger on a Bun
 Mediterranean Chicken Gyro
 Crispy Fries
 Chicken Bento Box with Goldfish
 Cereal Fun Lunch
 Turkey & Cheese Sandwich
 Salad Bar
 Fresh or Chilled Fruit Cup

14
 Chicken Drumstick w/ Dinner Roll
 Carolina BBQ Pulled Turkey
 Sandwich
 Steamed Green Beans
 Chicken Bento Box with Goldfish
 Cereal Fun Lunch
 Turkey & Cheese Sandwich
 Salad Bar

15
 Chicken Nuggets w/ Dinner Roll
 Cuban Turkey Sandwich
 Crispy Fries
 Chicken Bento Box with Goldfish
 Cereal Fun Lunch
 Turkey & Cheese Sandwich
 Salad Bar
 Fresh or Chilled Fruit Cup

16
 Cheese or Pepperoni
 Pizza
 Carrot Coins
 Chicken Bento Box with Goldfish
 Cereal Fun Lunch
 Turkey & Cheese Sandwich
 Salad Bar
 Fresh or Chilled Fruit Cup

19
 Chicken Nuggets w/ Dinner Roll
 Falafel Sandwich
 Sweet Potato Fries
 Chicken Caesar Salad
 Banana Muffin Fun Lunch
 Italian Sub
 Salad Bar
 Fresh or Chilled Fruit Cup

20
 Macaroni & Cheese
 BBQ Diced Chicken Sandwich
 Parmesan Green Beans
 Chicken Caesar Salad
 Banana Muffin Fun Lunch
 Italian Sub
 Salad Bar
 Fresh or Chilled Fruit Cup

21
Breakfast for Lunch:
 Golden Pancake w/
 Turkey Sausage
 Grilled Ham & Cheese on a Bun
 Tator Tots
 Chicken Caesar Salad
 Banana Muffin Fun Lunch
 Italian Sub

22
 Cheese or Pepperoni
 Pizza
 Citrus Carrot
 Chicken Caesar Salad
 Banana Muffin Fun Lunch
 Italian Sub
 Salad Bar
 Fresh or Chilled Fruit Cup

23
 School Closed



27
 School Closed

28
 Stuffed Breadsticks w/
 Marinara Sauce
 Carolina BBQ Pulled Turkey
 Sandwich
 Green Beans
 Deli Bento Box
 Bagel Fun Lunch
 Turkey Ham & Cheese on a Roll

29
 General Tso Popcorn Chicken
 Brazilian Chicken Sandwich
 Steamed Rice & Carrot Coins
 Deli Bento Box
 Bagel Fun Lunch
 Turkey Ham & Cheese on a Roll
 Salad Bar
 Fresh or Chilled Fruit Cup

30
 Cheese or Pepperoni
 French Bread Pizza
 Broccoli Florets w/ Ranch
 Deli Bento Box
 Bagel Fun Lunch
 Turkey Ham & Cheese on a Roll
 Salad Bar
 Fresh or Chilled Fruit Cup

2
 Chicken Tender & Waffles
 Egg and Cheese on English Muffin
 Smiley Fries
 Garden Vegetables with Cheese
 Cereal Fun Lunch
 Turkey & Cheese Sandwich
 Salad Bar
 Fresh or Chilled Fruit Cup

3
 Beef Tacos with all the fixings
 Mediterranean Chicken Gyro
 Golden Corn
 Garden Vegetable with Cheese
 Cereal Fun Lunch
 Turkey & Cheese Sandwich
 Salad Bar
 Fresh or Chilled Fruit Cup

4
 Chicken Patty on a Bun
 Baked Ziti
 Parmesan Green Beans
 Garden Vegetables with Cheese
 Cereal Fun Lunch
 Turkey and Cheese Sandwich
 Salad Bar
 Fresh or Chilled Fruit Cup

5
 Popcorn Chicken Bowl w/ Biscuit
 Crispy Fish Sticks
 Mashed Potatoes
 Garden Vegetables with Cheese
 Cereal Fun Lunch
 Turkey & Cheese Sandwich
 Salad Bar
 Fresh or Chilled Fruit Cup

6
 Cheese or Pepperoni
 Pizza
 Carrot Coins
 Garden Vegetables with Cheese
 Cereal Fun Lunch
 Turkey Ham & Cheese Sandwich
 Salad Bar
 Fresh or Chilled Fruit Cup

Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables:** Combined, these should cover half your plate at meals.
- **Grains:** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy:** Choose low-fat or fat-free dairy foods most often.

- **Protein:** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

As part of a healthy diet, it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important to brush your teeth after eating any kind of food. At a minimum, you should brush your teeth morning and night and be sure to see a dentist every six months.



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
Moz. Cheese Stick, Yogurt w/ Graham Crackers
Chilled Canned Fruit, Fresh Fruit & Baby Carrots
Assorted 100% Fruit Juice
1% white Milk & Skim Milk

MONDAY: May 5-12-19 & June 2

Breakfast Pizza

TUESDAY: May 6-13-20 & June 3

Mini Pancake

WEDNESDAY: May 7-14-21-28 & June 4

French Toast Sticks w/ Syrup

THURSDAY: May 1-8-15-22-29 & June 5

Egg & Cheese on a Bun

FRIDAY: May 2-9-16-30 & June 5

Wild Blueberry Waffle

Fresh Pick Recipe

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¾ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the cantaloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

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.