

MONDAY

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

TUESDAY



WEDNESDAY

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

THURSDAY



FRIDAY

1
 French Bread Pizza
 Cheese or Pepperoni
 Hot Ham & Cheese Sliders
 Parmesan Green Beans

11/1: Italian Sub, Southern-Style Crispy Chicken Salad with Corn Muffin, Pretzel Boat and Parfait Paradise Bento Box

4
New Item!
 Cheesy Garlic Flatbread
 Green Wave Burger
 Sweet Potato Wedges

5
 Poppin Popcorn Chicken
 with Dinner Roll
 Grilled Pretzel Melt
 Baked French Fries

6
 Penne Pasta
 with Italian Meatsauce
 Chicken Patty Sandwich
 Caesar Side Salad

7
 NJEA Convention-
 School Closed

8
 NJEA Convention-
 School Closed

11/4-11/6: Turkey & Cheese Sub, Garden Salad with Cheese & Roll, Yogurt Bag and Crazy Cheese Cube Bento Box offered daily

11
 Stuffed Breadsticks
 with Marinara Sauce
 Mini Cheeseburger Sliders
 Citrus Glazed Carrots

12
 Roasted Chicken in a Basket
 with Buttermilk Biscuit
 Hot Diggity Dog
 Waffle Fries

13
STICKER DAY
 Old Fashioned Mac & Cheese
 with Dinner Roll
 Chicken Parm Sandwich
 Steamed Broccoli &
 Stewed Tomatoes

14
 Twin Tacos with Rice,
 Cheese, Lettuce, Tomato, & Salsa
 Pulled BBQ Sandwich
 Roasted Chickpeas

15
 Mini Personal Pizza
 Grilled Cheese with Tomato Soup
 Steamed Green Beans

11/11-11/15: Ham & Cheese Sub, Turkey Club Salad with Roll, Bagel Bag and Egg & Muffin Bento Box offered daily

18
Breakfast For Lunch
 French Toast Sticks
 with Sausage Links
 Chicken Patty on a Bun
 Sweet Potato Fries

19
 Chicken Nuggets with Dinner Roll
 Pepperoni Pizza Pocket
 Emoji Fries

20
 Orange Chicken Take-Out
 with Rice
 Philly Cheesesteak
 Asian-Style Broccoli

21
Red, White and Blue Celebration
 All America Cheeseburger
 Hot Dog on a Bun
 Baked Beans

22
 French Bread Pizza
 Cheese or Pepperoni
 Corn Dog Nuggets
 Italian Roasted Zucchini

11/18-11/22: Tuna Sub, Chicken Caesar Salad with Roll, Yogurt Bag and Pinwheel Party Bento Box offered daily

25
 Grilled Cheese with Tomato Soup
 Pretzel Cheeseburger
 Steamed Carrot Coins

26
Thanksgiving Meal
 Roasted Turkey with Gravy,
 Stuffing, Mashed Potatoes & Corn
 Crispy Chicken Bowl
 with Dinner Roll

27
 Mozzarella Sticks
 with Marinara Sauce
 Chicken BLT Sandwich
 Garlic Sautéed Spinach

28
Happy Thanksgiving!
 School Closed

29
 School Closed

11/25-11/27: Turkey Club Sandwich, Fiesta Salad with Tortilla Chips, Cereal Bag and EZ Pizza Bento Box offered daily

The Role of Nutrition and Stress

Nutrition and stress often go hand-in-hand, with some people tending to overeat when stressed and others limiting their food intake due to an upset stomach or indigestion. Certain foods increase the physical stress on your body by making digestion more difficult, or by denying the brain essential nutrients. With a sensible diet, it's possible to reduce the effects of stress, avoid some common problems and protect your health. Nutrients such as Vitamins B and C, calcium, magnesium and zinc can be depleted by stress. To help your body better manage stress and avoid nutrient depletion, you should always aim to eat breakfast, plan

meals in advance, pack healthy snacks, minimize caffeine from tea, coffee and sodas and fill up on hydrating water. For added calcium, consume yogurts, smoothies and even calcium-fortified orange juice. B vitamins can be obtained by eating wholesome grains and vitamin C, and magnesium can be found in many fruits and vegetables. Giving your body nutrition it needs is a positive step you can take every day toward combating stress. With the correct nutrition, you are better prepared to face the challenges of the day.



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.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				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	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	School Closed	School Closed
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
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 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		

Fresh Pick Recipe

LEMONY SMASHED POTATOES

- 12 new potatoes (small)
- 2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 cup fresh parsley, sliced
- 1 cup nonfat sour cream
- 1 1/2 tablespoon chives, chopped small
- sea salt and pepper

1. Boil potatoes in pan of water until tender and drain.
2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
6. Remove potatoes from the oven and sprinkle with the parsley.
7. Mix the chives with the sour cream and serve on the side.



So Happy

Sodexo's menu app with nutrition and allergen information!

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.

