

MONDAY



TUESDAY

1

WEDNESDAY

2

THURSDAY

3

FRIDAY

4

Chicken Nuggets w/Dinner Roll
Philly Cheesesteak
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Egg & Muffin Bento Box
Steamed Broccoli
*Garden Bar
Fresh Fruit

Chicken Fajita w/Rice
Cheese Quesadilla w/Salsa
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Egg & Muffin Bento
Seasoned Beans
*Garden Bar
Fresh Fruit

French Bread Pizza
Crispy Chicken BLT
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Egg & Muffin Bento Box
*Jersey Cucumber Coins
*Garden Bar
Fresh Fruit

All Lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate.

7

Egg & Cheese Bagel Sandwich
Green Wave Burger
Turkey & Cheese Sub
Garden Salad w/Cheese & Roll
Yogurt Bag
Crazy Cheese Cube Bento Box
Sweet Potato Wedges
*Garden bar
Fresh Fruit

8

Poppin Popcorn Chicken w/Roll
Grilled Pretzel Melt
Turkey & Cheese Sub
Garden Salad w/Cheese & Roll
Crazy Cheese Cube Bento Box
Baked French Fries
Vegetable Bar
Fresh Fruit & Fruit Cup

9

Rotini Pasta w/
Italian Meat Sauce & Garlic Bread
Chicken Patty Sandwich
Turkey & Cheese Sub
Garden Salad w/Cheese & Roll
Yogurt Bag
Crazy Cheese Cube Bento Box
Sauteed Spinach
*Garden Bar
Fresh Fruit

10

Nachos Supreme w/Meat,
Cheese & Salsa
Beef & Bean Burrito
Turkey & Cheese Sub
Garden Salad w/Cheese & Roll
Yogurt Bag
Crazy Cheese Cube Bento Box
Vegetarian Refried Beans
*Garden Bar
Fresh Fruit

11

Cheese or Pepperoni Pizza
Corn Dog
Turkey & Cheese Sub
Garden Salad w/Cheese & Roll
Yogurt Bag
Crazy Cheese Cube Bento Box
Celery Sticks
*Garden Bar
Fresh Fruit

*Locally Sourced Fruits & Vegetables are offered upon availabilities.

14

Cheesy Stuffed Breadsticks
Bacon Cheeseburger
Ham & Cheese sub
Turkey Club Salad w/Roll
Bagel Bag
Egg & Muffin Bento Box
Honey Glazed Carrots
*Garden Bar
Fresh Fruit

15

Roasted Chicken in a Basket
w/Biscuit
Hot Dog w/Cheese
Ham & Cheese Sub
Turkey Club Salad w/Roll
Bagel Bag
Egg & Muffin Bento Box
Waffle Fries & Corn
*Garden Bar
Fresh Fruit

16

Macaroni & Cheese w/Dinner Roll
Chicken Parm Sandwich
Ham & Cheese Sub
Turkey Club Salad w/Roll
Bagel Bag
Egg & Muffin Bento Box
Steamed Broccoli & Stewed
Tomatoes
Garden Bar
Fresh Fruit

17

Twin Tacos w/Toppings & Rice
Sloppy Joe Sliders
Ham & Cheese Sub
Turkey Club Salad w/Roll
Bagel Bag
Egg & Muffin Bento Box
Southwest Black Beans & Salsa
*Garden Bar
Fresh Fruit

18

French Bread Pizza
Grilled Cheese & Tomato Soup
Ham & Cheese Sub
Turkey Club Salad w/Roll
Bagel Bag
Egg & Muffin Bento Bag
Cucumber Slices
*Garden Bar
Fresh Fruit

21

Martin Luther King Day!
School Closed

22

Chicken Nuggets w/Breadstick
Pepperoni Pizza Pocket
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Deli Bento Box
Tater Tots
*Garden Bar
Fresh Fruit

23

Mozzarella Sticks w/Marinara Sauce
Chicken Patty w/Bruschetta Topping
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Deli Bento Box
Broccoli Dippers
*Garden Bar
Fresh Fruit

24

Chicken Fajitas w/Rice
Vegetarian Bean & Cheese Burrito
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Deli Bento Box
Homestyle Baked Beans
*Garden Bar
Fresh Fruit

25

Cheese or Pepperoni Pizza
Meatball Sub
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Deli Bento Bento Box
*Jersey Cucumber Slices
*Garden Bar
Fresh Fruit

28

Grilled Cheese w/Tomato Soup
Pretzel Burger
Turkey Club Sandwich
Chef Salad w/Roll
Cereal Bag
Crazy Cheese Cube Bento Box
Steamed Carrot Coins
*Garden Bar
Fresh Fruit

29

Crispy Chicken Bowl w/Roll
Turkey Hot Dog on a Bun
Turkey Club Sandwich
Chef Salad w/Roll
Cereal Bag
Crazy Cheese Cube Bento Box
Mashed Potatoes & Golden Corn
*Garden Bar
Fresh Fruit

30

Homemade Baked Ziti w/
Garlic Breadstick
Grilled Chicken Sandwich
Turkey Club Sandwich
Chef Salad w/Roll
Cereal Bag
Crazy Cheese Cube Bento Box
Sauteed Spinach
*Garden Bar
Fresh Fruit

31

Chicken & Cheese Taquitos w/
Salsa
Chicken Fajita Wrap
Turkey Club Sandwich
Chef Salad w/Roll
Cereal Bag
Crazy Cheese Cube Bento Box
Vegetarian Refried Beans
*Garden Bar
Fresh Fruit

Supporting Achievement

Learning is best achieved when children are attentive and ready to learn in the classroom. 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 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. And finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information, and overall struggle to learn as well as others who get the right amount of sleep each night. It's a pretty simple rule to remember – 5,4,3,2,1 + 8 – help make it part of your family's new year resolution.



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

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy New Year!		Breakfast Pizza Whole Grain Donut Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Warm Waffles w/Syrup 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
Choco Filled Crescent Whole Grain Donut Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Golden Pancake Whole Grain Donut Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	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	French Toast Sticks Whole Grain Donut Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal
Egg & Cheese Sandwich Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	Golden Pancake Whole Grain Donut Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Breakfast Pizza Whole Grain Donut Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Choco Filled Crescent 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
Martin Luther King Day! School Closed	Warm Waffles Whole Grain Donut Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Breakfast Pizza Whole Grain Donut Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Golden Pancakes 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
Cherry Frudel Whole Grain Donut Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Golden Pancake Whole Grain Donut Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Breakfast Pizza Whole Grain Donut Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	Egg & Cheese on a Bagel Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	Available Daily: Fresh Fruit Canned Fruit 100% Fruit Juice Assorted Low Fat Milk

Fresh Pick Recipe

CAULIFLOWER SQUASH BAKE

- 1 Butternut squash (medium/peeled/ large dice)
- 1 Cauliflower (florets separated)
- 1 Onion (small/sliced thin)
- Salt and pepper to taste
- 2 T Olive Oil
- 1 T lemon juice
- 1 c Cherry tomatoes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. On a large baking sheet, place the squash, cauliflower, and onion.
4. Mix the olive oil with the lemon juice and drizzle on the vegetables.
5. Add salt and pepper to taste.
6. Place in oven and bake for 20 minutes.
7. Stir the vegetables and add the tomatoes.
8. Place back in the oven for 5 minutes or until vegetables are crisp/ tender.

Pre-Paid lunch. One form per child.

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.

