


MONDAY



So Happy
Sodexo's menu app with nutrition and allergen information!

TUESDAY




Scan to download the So Happy app from the App Store.

WEDNESDAY



THURSDAY



Celebrate **Dr. Seuss Day!**

FRIDAY

1

- Cheese Pizza
- Meatball Sub
- Tuna Salad Sub
- Crispy Chicken Caesar Salad
- Cheese & Pretzel Goldfish
- Deli Bento Box
- *Jersey Cucumber Coins
- *Garden Bar
- *Fresh Fruit & Canned Fruit

All lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate and 100% Fruit Juice

DR. SEUSS A B C **4**

- Grilled Cheese & Pretzel Burger
- Turkey Club Sandwich
- Chef Salad w/Roll
- Cereal Bag
- Crazy Cheese Cube Bento Box
- Steamed Carrot Coin
- *Garden Bar
- *Fresh Fruit & Canned Fruit

HOP ON POP **5**

- 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 & Canned Fruit

ARE YOU MY **6**

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

OH, THE PLACES YOU'LL GO **7**

- 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

THE CAT IN THE HAT **8**

- French Bread Pizza
- Meatball Parm Sub
- Turkey Club Sandwich
- Chef Salad w/Roll
- Cereal Bag
- Crazy Cheese Cube Bento Box
- Celery Sticks
- *Garden Bar
- *Fresh Fruit & Canned Fruit

Join us for lunch on March 7th to celebrate Dr. Seuss Week and enjoy Chocolate Pudding with Lunch

Breakfast for Lunch! **11**

- Fluffy Pancakes w/Turkey Sausage
- Mozzarella Sticks w/Marinara Italian Sub
- Grilled Chicken Sandwich w/Roll
- Pretzel Boat
- Egg & Muffin Bento Box
- Sweet Potatoes
- *Garden Bar
- *Fresh Fruit & Canned Fruit

Sweet & Sour Chicken w/Brown Rice **12**

- Cheese Quesadilla w/Salsa Italian Sub
- Grilled Chicken Salad w/Roll
- Pretzel Boat
- Seasoned Beans
- *Garden Bar
- *Fresh Fruit & Canned Fruit

Meatball over Pasta Marinara & Breadstick **13**

- Philly Cheesesteak Italian Sub
- Grilled Chicken Salad w/Roll
- Pretzel Bag
- Egg & Muffin Bento Box
- Steamed Broccoli
- *Vegetable Bar
- *Fresh Fruit & Canned Fruit

Chicken Tenders w/Dinner Roll **14**

- Green Wave Cheese Burger
- Italian Sub
- Grilled Chicken Salad w/Roll
- Pretzel Bag
- Egg & Muffin Bento Box
- Tater Tots
- *Garden Bar
- *Fresh Fruit & Canned Fruit

Cheese Pizza **15**

- Turkey & Cheese Sub
- Italian Sub
- Grilled Chicken Salad w/Roll
- Pretzel Bag
- Egg & Muffin Bento Box
- *Jersey Cucumber Coins
- *Garden Bar
- *Fresh Fruit & Canned Fruit

*Locally Sourced Fruits and Vegetables are offered upon availabilities

Egg & Cheese Bagel Sandwich **18**

- Green Wave Burger
- Turkey & Cheese Sandwich
- Garden Salad w/Cheese & Roll
- Yogurt Bag
- Crazy Cheese Cube Bento Box
- Sweet Potato Wedges
- *Garden Bar
- *Fresh Fruit & Canned Fruit

Poppin Popcorn Chicken w/Roll **19**

- Grilled Pretzel Melt
- Turkey & Cheese Sub
- Garden Salad w/Cheese & Roll
- Crazy Cheese Cube Bento Box
- Baked French Fries
- *Garden Bar
- *Fresh Fruit & Canned Fruit

Rotini Pasta w/Italian Meat Sauce & Garlic Bread **20**

- Chicken Patty Sandwich
- Turkey & Cheese Sub
- Garden Salad w/Cheese & Roll
- Yogurt Bag
- Crazy Cheese Cube Bento Box
- Sauteed Spinach
- *Garden Bar
- *Fresh Fruit & Canned Fruit

Nachos Supreme w/Meat **21**

- Cheese & Salsa
- Beef & Bean Burrito
- Turkey & Cheese Sandwich
- Garden Salad w/Cheese & Roll
- Yogurt Bag
- Crazy Cheese Cube Bento Box
- Vegetarian Refried Beans
- *Garden Bar
- *Fresh Fruit & Canned Fruit

French Bread Pizza **22**

- Corn Dog
- Turkey & Cheese Sandwich
- Garden Salad w/Cheese & Roll
- Yogurt Bag
- Crazy Cheese Cube Bento Box
- Celery Sticks
- *Garden Bar
- *Fresh Fruit & Canned Fruit

Menu is subject to change.

Cheesy Stuffed Breadsticks **25**

- Bacon Cheeseburger
- Ham & Cheese Sub
- Turkey Club Salad w/Roll
- Bagel Bag
- Egg & Muffin Bento Box
- Honey Glazed Carrots
- *Garden Bar
- *Fresh Fruit & Canned Fruit

Roasted Chicken in a Basket w/Biscuit **26**

- Hot Dog w/Cheese Sauce
- Ham & Cheese Sandwich
- Turkey Club Salad w/Roll
- Bagel Bag
- Egg & Muffin Bento Box
- Waffle Fries & Corn
- *Garden Bar
- *Fresh Fruit & Canned Fruit

Mac & Cheese w/Breadstick **27**

- Grilled Chicken Club Sandwich
- Ham & Cheese Sandwich
- Turkey Club Salad w/Roll
- Bagel Bag
- Egg & Muffin Bento Box
- Steamed Broccoli & Stewed Tomatoes
- *Garden Bar
- *Fresh Fruit & Canned Fruit

Twin Tacos w/Toppings & Rice **28**

- Sloppy Joe Slider
- Ham & Cheese Sub
- Turkey Club Salad w/Roll
- Bagel Bag
- Egg & Muffin Bento Box
- Southwest Black Beans & Salsa
- *Garden Bar
- *Fresh Fruit & Canned Fruit

Cheese Pizza **29**

- Grilled Cheese & Tomato Soup
- ham & Cheese Sub
- Turkey Club Salad w/Roll
- Bagel Bag
- Egg & Muffin Bento Box
- *Cucumber Slices
- *Garden Bar
- *Fresh Fruit & Canned Fruit

National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Taking time to sit down together for meals at home may be tough, but it's critically important for creating these lasting food experiences where we are teaching children to pause for a moment and truly enjoy their food. Impulsive eating that leads to over consumption of empty calories is not the path towards a healthy future and can lead to unwanted weight gain. Take time to share food traditions with children and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines for Americans and MyPlate recommendations can help you plan healthy meals for your family. Check out these resources at www.choosemyplate.gov.



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 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Available Daily: Fresh Fruit Canned Fruit 100% Fruit Juice Assorted Low Fat and Skim Milk				1 Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers
4 Cherry Frudel Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	5 Golden Pancakes Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	6 Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	7 Egg & Cheese on a Bagel Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins	8 Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers
11 Egg & Cheese Sandwich Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins	12 Apple Frudel Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	13 Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	14 warm Waffles w/Syrup Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	15 Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers
18 Choco Filled Crescent Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	19 Golden Pancakes Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	20 Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	21 Sausage, Egg & Cheese on a Bun Whole Grain Donut Bagel w/Cream Cheese	22 Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal
25 Egg & Cheese Sandwich Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins	26 Golden Pancakes Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	27 Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	28 Sausage, Egg & Cheese on a Bun Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins	29 Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal

Fresh Pick Recipe

MUSHROOMS AND SNAP PEAS (SERVES 4)

- 3 cups raw mushrooms (pieces)
- 1 tablespoon canola/olive oil blend
- 1/2 tablespoon low sodium soy sauce
- 1 tablespoon frozen lemon juice (unsweetened)
- 3 cups frozen peas (cooked)

1. Slice mushrooms 1/2".
2. In a non-reactive bowl, whisk together oil, soy sauce and lemon juice.
3. Combine mushrooms and peas with dressing.

NUTRITION FACTS:
 138 calories, 4g fat,
 161mg sodium, 7g fiber



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.

