


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

1
Macaroni & Cheese w/Breadstick
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 & Fruit Cup

THURSDAY

2
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
*Garden Bar
Fresh Fruit & Fruit Cup

FRIDAY

3
French Bread Pizza
Meatball Sub
Ham & Cheese Sub
Turkey Club Salad w/Roll
Bagel Bag
Egg & Muffin Bento Box
Potato Wedge Fries
*Garden Bar
Fresh Fruit & Fruit Cup

Celebrate SCHOOL LUNCH HERO Day with us May 3rd and receive a sticker!

6
French Toast Sticks w/Sausage
Green Wave Burger
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Deli Bento Box
Sweet Potato Fries
*Garden Bar
Fresh Fruit & Fruit Cup

7
Chicken Nuggets w/Dinner Roll
Pepperoni Pizza Pocket
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Deli Bento Box
Tater Tots
*Garden Bar
Fresh Fruit & Fruit Cup

8
Mozzarella Stick w/Marinara
Chicken Patty on a Bun
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Deli Bento Box
Broccoli Dippers
*Garden Bar
Fresh Fruit & Fruit Cup

9
Chicken Fajita w/Peppers & Onions over Rice
Beef & Bean Burrito
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Deli Bento Box
Homestyle Baked Beans
*Garden Bar
Fresh Fruit & Fruit Cup

10
Cheese Pizza
Corn Dog Nugget
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Deli Bento Box
*Jersey Cucumber Slices
*Garden Bar
Fresh Fruit & Fruit Cup

13
Grilled Cheese 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 & Fruit Cup

14
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 & Fruit Cup

15
Baked Ziti w/Breadstick
Grilled Chicken Sandwich
Turkey Club Sandwich
Chef Salad w/Roll
Cereal Bag
Crazy Cheese Cube Bento Box
Sautéed Spinach
*Garden Bar
Fresh Fruit & Fruit Cup

16
Roast Turkey
Chicken Fajita Wrap
Turkey Club Sandwich
Chef Salad w/Roll
Cereal Bag
Crazy Cheese Cube Bento Box
Diced Potatoes & Peas
*Garden Bar
Fresh Fruit & Fruit Cup

17
French Bread Pizza
Grilled Ham & Cheese on a Bun
Turkey Club Sandwich
Chef Salad w/Roll
Cereal Bag
Crazy Cheese Cube Bento Box
Celery Sticks
*Garden Bar
Fresh Fruit & Fruit Cup

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

20
Breakfast for Lunch!
Fluffy Pancakes w/Turkey Sausage
Mozzarella Sticks w/Marinara
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Egg & Muffin Bento Box
Sweet Potatoes
*Garden Bar
Fresh Fruit & Fruit Cup

21
Chicken Tenders w/Breadstick
Green Wave Cheeseburger
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Egg & Muffin Bento Box
Seasoned Beans
*Garden Bar
Fresh Fruit & Fruit Cup

22
Meatballs over Pasta
Marinara w/Breadstick
Philly Cheesesteak
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Bag
Egg & Muffin Bento Box
Steamed Broccoli
*Garden Bar
Fresh Fruit & Fruit Cup

23
Cheese Pizza
Baked Chicken & Waffles
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Egg & Muffin Bento Box
*Jersey Cucumbers
*Garden Bar
Fresh Fruit & Fruit Cup

24
Memorial Day Weekend!
School Closed

Menu Subject to Change

27
Memorial Day Weekend!
School Closed

28
Poppin Popcorn Chicken w/Roll
Grilled Pretzel Melt
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Bag
Crazy Cheese Bento Box
Baked French Fries
*Garden Bar
Fresh Fruit & Fruit Cup

29
Rotini Pasta & Meat Sauce w/Garlic Breadstick
Chicken Patty Sandwich
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Bag
Crazy Cheese Bento Box
Sautéed Spinach
*Garden Bar
Fresh Fruit & Fruit Cup

30
Nachos Supreme w/Meat, Cheese & Salsa
Vegetarian Bean & Cheese Burrito
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Bag
Crazy Cheese Cube Bento Box
Vegetarian Refried Beans
*Garden Bar
Fresh Fruit & Fruit Cup

31
French Bread Pizza
Meatball Parm Sandwich
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Bag
Crazy Cheese Cube Bento Box
Celery
*Garden Bar
Fresh Fruit & 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.

www.liftoffsplayground.com

BREAKFAST MENU

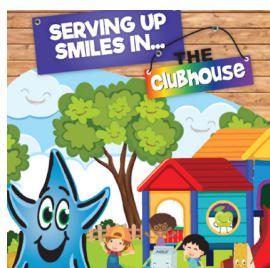
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	2 Golden Pancakes Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	3 Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal
6 Chocolate Crescent Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	7 Warm Waffles w/Syrup Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	8 Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	9 Golden Pancakes Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	10 Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal
13 Egg & Cheese Sandwich 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 Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	16 Golden Pancakes Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	17 Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal
20 Cherry Frudel Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	21 Warm Waffles w/Syrup Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	22 Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	23 Golden Pancakes Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	24 School Closed
27 School Closed	28 Warm Waffles w/Syrup Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	29 Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	30 Golden Pancakes Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	31 Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal

Fresh Pick Recipe

STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 c Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.



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.