

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2



5

- Roasted Chicken in a Basket w/ Biscuit
- Hot Diggity Dog
- Ham & Cheese Sub
- Turkey Club Salad & Dinner Roll
- Bagel Bag
- Egg & Muffin Bento Box
- Waffle Fries
- Fresh & Canned Fruit

6

- Cheese Pizza
- Grilled Cheese & Tomato Soup
- Ham & Cheese Sub
- Turkey Club Salad & Dinner Roll
- Bagel Bag
- Egg & Muffin Bento Box
- Waffle Fries
- Fresh & Canned Fruit

All Lunches Served with Choice of Milk: 1%, Fat Free, Fat Free Chocolate, and 100% Fruit Juice.

9

Breakfast For Lunch!

- French Toast Sticks w/Sausage Links
- Green Wave Cheeseburger
- Tuna Salad Sub
- Chicken Caesar Salad w/Roll
- Cheese & Pretzel Goldfish Boat
- Pinwheel Party Bento Box
- Sweet Potato Fries
- Fresh & Canned Fruit

10

- Chicken Nuggets w/ Dinner Roll
- Pepperoni Pizza Pocket
- Tuna Salad Sub
- Chicken Caesar Salad w/Roll
- Cheese & Pretzel Goldfish Boat
- Pinwheel Party Bento Box
- Emoji Fries
- Fresh & Canned Fruit

11

- Meatball over Pasta Marinara
- Philly Cheesesteak
- Tuna Salad Sub
- Chicken Caesar Salad w/Roll
- Cheese & Pretzel Goldfish Boat
- Pinwheel Party Bento Box
- Steamed Broccoli
- Fresh & Canned Fruit

12

- Orange Chicken over Rice
- Build a Burrito Bowl
- Tuna Salad Sub
- Chicken Caesar Salad w/Roll
- Cheese & Pretzel Goldfish Boat
- Pinwheel Party Bento Box
- Southwest Black Beans
- Fresh & Canned Fruit

13

- Cheese Pizza
- Corn Dog Nuggets
- Tuna Salad Sub
- Chicken Caesar Salad w/Roll
- Cheese & Pretzel Goldfish Boat
- Pinwheel Party Bento Box
- Italian Roasted Zucchini
- Fresh & Canned Fruit

Join us for lunch on Thursday the 19th for a special WELCOME BACK FIESTA celebration!

16

- Grilled Cheese w/Tomato Soup
- Pretzel Cheeseburger
- Turkey Club Sandwich
- Fiesta Salad w/Tortilla Chips
- Cereal Bag
- EZ Pizza Bento Box
- Steamed Carrots Coins
- Fresh & Canned Fruit

17

- Crispy Chicken Bowl
- Roasted Turkey w/Gravy
- Turkey Club Sandwich
- Fiesta Salad w/Tortilla Chips
- Cereal Bag
- EZ Pizza Bento Box
- Mashed Potatoes & Corn
- Fresh & Canned Fruit

18

- Mozzarella Stick w/Marinara
- Chicken BLT Sandwich
- Turkey Club Sandwich
- Fiesta Salad w/Tortilla Chips
- Cereal Bag
- EZ Pizza Bento Box
- Garlic Sauteed Spinach
- Fresh & Canned Fruit

19

- Chicken & Cheese Taquitos
- Chicken Fajitas w/Toppings
- Turkey Club Sandwich
- Fiesta Salad w/Tortilla Chips
- Cereal Bag
- EZ Pizza Bento Box
- Vegetarian Refried Beans
- Fresh & Canned Fruit

20

- Cheese or Pepperoni Pizza
- Meatball Parm Sub
- Turkey Club Sandwich
- Fiesta Salad w/Tortilla Chips
- Cereal Bag
- EZ Pizza Bento Box
- Green Pepper Strips
- Fresh & Canned Fruit

Sodexo Proudly support clean, sustainable agriculture, and we purchase local whenever possible and seasonally available!

23

Breakfast for Lunch!

- Fluffy Pancakes w/Sausage Patty
- Bacon Cheeseburger
- Italian Sub
- Southern Style Crispy Chicken Salad w/Corn Muffin
- Pretzel Boat
- Parfait Paradise Bento Box
- Cinnamon Sweet Potatoes
- Fresh & Canned Fruit

24

- Chicken Tenders with Dinner Roll
- Loaded Tots with Buttermilk Biscuit
- Italian Sub
- Southern Style Crispy Chicken Salad w/Corn Muffin
- Pretzel Boat
- Parfait Paradise Bento Box
- Golden Corn
- Fresh & Canned Fruit

25

- Spaghetti with Meatballs/ Garlic Bread
- Pizza Bagel
- Italian Sub
- Southern Style Crispy Chicken Salad w/Corn Muffin
- Pretzel Boat
- Parfait Paradise Bento Box
- Steamed Broccoli
- Fresh & Canned Fruit

26

- Chicken Waffle Poppers
- Cheese Quesadilla with Salsa
- Italian Sub
- Southern Style Crispy Chicken Salad w/Corn Muffin
- Pretzel Boat
- Parfait Paradise Bento Box
- Bean Salad & Carrots
- Fresh & Canned Fruit

27

- French Bread Pizza- Cheese or Pepperoni
- Hot Ham & Cheese Sliders
- Italian Sub
- Southern Style Crispy Chicken Salad w/Corn Muffin
- Pretzel Boat
- Parfait Paradise Bento Box
- Celery Sticks
- Fresh & Canned Fruit

A fresh variety of vegetables available daily at our salad bar!
Menu subject to change.

30

- Cheesy Garlic Flatbread
- Green Wave Cheeseburger
- Turkey & Cheese Sub
- Green Salad w/ Cheese & Roll
- Yogurt Bag
- Crazy Cheese Cube Bento Box
- Carrot Sticks
- Fresh and Canned Fruit

So Happy

Sodexo's menu app with nutrition and allergen information!

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

JOIN US TO CELEBRATE NEW JERSEY TOMATOES with JERSEY TASTES On TUESDAY SEPTEMBER 24th

The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.¹ Called “The Big 8,” these foods include: milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat and soy. Although these are the most commonly allergenic foods, more than 160 different foods have been indicated in food allergy reactions.¹ Any food can cause anaphylaxis, a potentially life-threatening reaction to food allergens. Avoidance of the offending food is recommended to prevent potentially life-threatening reactions by those with food allergies. For this reason, it is important to communicate food allergy concerns with your school team. Please reach out to both your school nurse and

school foodservice director to coordinate a meeting to discuss any special dietary needs required for school meals. For more information on food allergies, consider reviewing the resources below:

1. U.S. Food & Drug Administration Website.

Food Allergies: What you need to know. Available at <https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAllergens/ucm079311.htm>.

2. Food Allergy Research & Education.

Information available at <https://www.foodallergy.org/>.



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 |
|---|---|---|--|---|
| Available Daily: Fresh Fruit Canned Fruit 100% Fruit Juice Low Fat & Skim Milk | | | Egg & Cheese Bagel 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 |
| Whole Grain Waffles w/Syrup Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers | Egg & Cheese on English Muffin 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 Bagel 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 |
| Egg & Cheese Sandwich Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers | Golden Pan- cakes 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 Bagel 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 |
| Whole Grain Waffles w/Syrup Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers | Egg & Cheese on an English Muffin 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 Bagel 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 |
| Egg & Cheese Sandwich Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers | | | | |

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



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.

