

**MONDAY**

**freshpick**  
for better health  
by *sodexo*

Blueberries

**TUESDAY**

**WEDNESDAY**



**THURSDAY**

**FRIDAY**

Cheeseburger on a Bun **2**

Turkey Carnitas Tacos

Crispy Fries  
Chef Salad w/ Dinner Roll  
Bagel Fun Lunch  
Turkey Ham & Cheese Sandwich  
Salad Bar  
Fresh and Chilled Fruit Cup

**3**  
Cheese or  
Pepperoni Pizza

Mixed Vegetables  
Chef Salad w/ Dinner Roll  
Bagel Fun Lunch  
Turkey Ham & Cheese Sandwich  
Salad Bar  
Fresh and Chilled Fruit Cup

Corn Dog **6**

Alfredo Mac.

Steamed Broccoli  
Chicken Bento Box with Goldfish  
Cereal Fun Lunch  
Turkey & Cheese Sandwich  
Salad Bar  
Fresh or chilled Fruit Cup

Beef Enchilada **7**

Bean & Cheese Enchilada

Golden Corn  
Chicken Bento Box with Goldfish  
Cereal Fun Lunch  
Turkey & Cheese Sandwich  
Salad Bar  
Fresh or chilled Fruit Cup

Drumstick w/ Dinner Roll **8**

Chicken Katsu Sandwich

Steamed Green Beans  
Chicken Bento Box with Goldfish  
Cereal Fun Lunch  
Turkey & Cheese Sandwich  
Salad Bar  
Fresh or chilled Fruit Cup

Chicken Nuggets w/ Dinner Roll **9**

Cuban Turkey Sandwich

Crispy Fries  
Chicken Bento Box with Goldfish  
Cereal Fun Lunch  
Turkey & Cheese Sandwich  
Salad Bar  
Fresh or chilled Fruit Cup

**10**  
Cheese or Pepperoni  
French Bread Pizza

Carrot Coins  
Chicken Bento Box with Goldfish  
Cereal Fun Lunch  
Turkey & Cheese Sandwich  
Salad Bar  
Fresh or chilled Fruit Cup

**13**  
Chicken Nuggets w/ Dinner Roll

Pollock Po Boy Sub

Sweet Potato Fries  
Chicken Caesar Salad  
Banana Muffin Fun Lunch  
Italian Sub  
Salad Bar  
Fresh or Chilled Fruit Cup

**14**  
Macaroni & Cheese

BBQ Diced Chicken Sandwich

Parmesan Green Beans  
Chicken Caesar Salad  
Banana Muffin Fun Lunch  
Italian Sub  
Salad Bar  
Fresh or Chilled Fruit Cup

**15**  
Breakfast for Lunch:  
Golden Pancake w/  
Turkey Sausage

Grilled Ham & Cheese on a Bun

Tator Tots  
Chicken Caesar Salad  
Banana Muffin Fun Lunch  
Italian Sub

**16**  
Bacon Cheeseburger

Homemade Cheese Calzone

Steamed Broccoli  
Chicken Caesar Salad  
Banana Muffin Fun Lunch  
Italian Sub  
Salad Bar  
Fresh or Chilled Fruit Cup

**17**  
Cheese or Pepperoni  
Pizza

Citrus Carrot  
Chicken Caesar Salad  
Banana Muffin Fun Lunch  
Italian Sub  
Salad Bar  
Fresh or Chilled Fruit Cup

**20**

School Closed

**21**  
Beef Nachos

Bean & Cheese Nachos

Pinto Bean  
Deli Bento Box  
Bagel Fun Lunch  
Turkey Ham & Cheese on a Roll  
Salad Bar  
Fresh or Chilled Fruit Cup

**22**  
Stuffed Breadsticks w/  
Marinara Sauce

Chicken Katsu Sandwich

Green Beans  
Deli Bento Box  
Bagel Fun Lunch  
Turkey Ham & Cheese on a Roll  
Salad Bar

**23**  
General TSO Popcorn Chicken

Brazilian Chicken Sandwich

Steamed Rice & Carrot Coins  
Deli Bento Box  
Bagel Fun Lunch  
Turkey Ham & Cheese on a Roll  
Salad Bar  
Fresh or Chilled Fruit Cup

**24**

Cheese or Pepperoni  
French Bread Pizza

Broccoli Florets w/ Ranch  
Deli Bento Box  
Bagel Fun Lunch  
Turkey Ham & Cheese on a Roll  
Salad Bar  
Fresh or chilled Fruit Cup

**27**  
Chicken Tender & Waffles

Egg and Cheese on English Muffin

Smiley Fries  
Garden Vegetable with Cheese  
Cereal Fun Lunch  
Turkey & Cheese Sandwich  
Salad Bar  
Fresh or Chilled Fruit Cup

**28**  
Beef Tacos with all the fixings

Mediterranean Chicken Gyro

Golden Corn  
Garden Vegetable with Cheese  
Cereal Fun Lunch  
Turkey & Cheese Sandwich  
Salad Bar  
Fresh or Chilled Fruit Cup

**29**  
Chicken Patty on a Bun

Baked Ziti

Parmesan Green Beans  
Garden Vegetable with Cheese  
Cereal Fun Lunch  
Turkey & Cheese Sandwich  
Salad Bar  
Fresh or Chilled Fruit Cup

**30**  
Popcorn Chicken Bowl w/ Biscuit

Crispy Fish Sticks

Mashed Potatoes  
Garden Vegetable with Cheese  
Cereal Fun Lunch  
Turkey & Cheese Sandwich  
Salad Bar  
Fresh or Chilled Fruit Cup

**31**

Cheese or Pepperoni  
Pizza

Carrot Coins  
Garden Vegetable with Cheese  
Cereal Fun Lunch  
Turkey & Cheese Sandwich  
Salad Bar  
Fresh or Chilled Fruit Cup

**3**  
Breakfast for Lunch:  
Crispy French Toast Sticks  
Turkey Sausage

Meatball Sub

Candies Sweet Potatoes  
EZ Pizza Bento Box  
Chocolate Muffin Fun Lunch  
Italian Sub

**4**  
Chicken Nuggets w/ Dinner Roll

Falafel Sandwich

Crispy Fries  
EZ Pizza Bento Box  
Chocolate Muffin Fun Lunch  
Italian Sub  
Salad Bar  
Fresh or Chilled Fruit Cup

**5**  
Hot Dog on a Bun

Po' Boy Sandwich

Broccoli Florets  
EZ Pizza Bento Box  
Chocolate Muffin Fun Lunch  
Italian Sub  
Salad Bar  
Fresh or Chilled Fruit Cup

**6**  
Lo Mein Orange Chicken

Teriyaki Meatball Noodle Bowl

Carrot Coins  
EZ Pizza Bento Box  
Chocolate Muffin Fun Lunch  
Italian Sub  
Salad Bar  
Fresh or Chilled Fruit Cup

**7**  
Cheese & Pepperoni  
French Bread Pizza

Sweet Peas  
EZ Pizza Bento Box  
Chocolate Muffin Fun Lunch  
Italian Sub  
Salad Bar  
Fresh or Chilled Fruit Cup

## Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

**Source:** <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.



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

### BREAKFAST

Available Daily:

Assorted Cereal with Graham Cracker, WG Donut  
Warm Bagel & Cream Cheese, Assorted WG Pop Tart  
Assorted Cereal Bar, Assorted Muffins  
Double Berry Parfait  
Chilled Canned Fruit, Fresh Fruit  
Assorted 100% Fruit Juice  
1% white Milk & Skim Milk

**MONDAY:** January 6- 13-27 & Feb 3

Breakfast Pizza

**TUESDAY:** January 7-14-21-28-& Feb.4

Egg & Cheese on a Waffle Flatbread

**WEDNESDAY:** January 8-15-22-29- & Feb 5

French Toast Sticks w/ Syrup

**THURSDAY:** January 9-16-23-30-& Feb 6

Sausage, Egg & Cheese on a Bun

**FRIDAY:** January 10-17-24-31 & Feb. 7

Wild Blueberry Waffle

### Fresh Pick Recipe

#### BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.

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



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.