



Long Branch High School October 2025

Together We Can, Juntos Nós Podemos, Juntos Podemos



HOME OF THE GREEN WAVE

		10/1	10/2	10/3
		Pasta Bar Chicken Alfredo or Meat Sauce Prepared to Order	Hot Dog Bar w/ Chili, Cheese, Cooked Onions, Sauerkraut	Noodle Bowl Bar Chicken <u>or</u> Beef Teryaki <u>or</u> Soy Sauce Mixed Vegetables
10/6	10/7	10/8	10/9	10/10
Quesadilla Bar Chicken, Veggie or Cheese with all assorted toppings	Burrito Bowl Bar Choice of Chicken or Beef	Pasta Bar Chicken Alfredo or Meat Sauce Prepared to Order	Yogurt Bar Vanilla or Strawberry Yogurt Asst. Fruit and Cereal for toppings	Waffle Bar Homemade Waffles Choose your toppings from the topping bar
10/13	10/14	10/15	10/16	10/17
School Closed Colombus day!	Burrito Bowl Bar Choice of Chicken or Beef	Pasta Bar Chicken Alfredo or Meat Sauce Prepared to Order	Burger Bar w/ Lettuce, Tomato, Cooked Onions, and all the fixings.	Noodle Bowl Bar Chicken <u>or</u> Beef Teryaki <u>or</u> Soy Sauce Mixed Vegetables
10/20	10/21	10/22	10/23	10/24
Quesadilla Bar Chicken, Veggie or Cheese with all assorted toppings	Burrito Bowl Bar Choice of Chicken or Beef	Pasta Bar Chicken Alfredo or Meat Sauce Prepared to Order	Mozzarella Bar Mozzarella Sticks <u>or</u> Pepperoni Calzone Marinara Dipping Sauce Tossed Salad	Pancake Bar Homemade Waffles Choose your toppings from the topping bar
10/27	10/28	10/29	10/30	10/31
Panini Bar Chicken, Veggie or Cheese	Burrito Bowl Bar Choice of Chicken or Beef	Pasta Bar Chicken Alfredo or Meat Sauce Prepared to Order	Hot Dog Bar w/ Chili, Cheese, Cooked Onions, Sauerkraut	Noodle Bowl Bar Chicken <u>or</u> Beef Teryaki <u>or</u> Soy Sauce Mixed Vegetables

For Nutrition information

<https://longbranch.nutrislice.com/menu>

This institution is an equal opportunity provider

Sides Offered Daily with Lunch Choices

Fresh Vegetables, Specialty Made Salads,
Assorted Fresh Fruits or Canned Fruits
Assorted 100% Juices
Assorted Low Fat and Skim Milks
& Lactaid Milk