



Long Branch High School

**October 2025**

Together We Can, Juntos Nós Podemos, Juntos Podemos



## ***HOME OF THE GREEN WAVE***

<p><b>Monday</b></p> <p>10/6, 10/13, 10/20, 10/27</p>	<p><b>Fruit &amp; Granola Parfait</b>  <b>Bagel &amp; Yogurt Bag</b>  <b>Chef Salad w/ Dinner Roll</b>  <b>Crispy Chicken Wrap</b>  <b>Fiesta Bento Box</b>  <b>Triple Decker Peanut &amp; Jelly</b></p>
<p><b>Tuesday</b></p> <p>10/7, 10/14, 10/21, 10/28</p>	<p><b>Fruit &amp; Granola Parfait</b>  <b>Bagel &amp; Yogurt Bag</b>  <b>Hearty Garden Salad w/Dinner Roll</b>  <b>Chicken Caesar Wrap</b>  <b>Triple Decker Peanut Butter &amp; Jelly</b></p>
<p><b>Wednesday</b></p> <p>10/1, 10/8, 10/15, 10/22, 10/29</p>	<p><b>Fruit &amp; Granola Parfait</b>  <b>Bagel &amp; Yogurt Bag</b>  <b>Crispy Chicken Salad w/Dinner Roll</b>  <b>Buffalo Chicken Wrap</b>  <b>Triple Decker Peanut Butter &amp; Jelly</b></p>
<p><b>Thursday</b></p> <p>10/2, 10/9, 10/16, 10/23, 10/30</p>	<p><b>Fruit &amp; Granola Parfait</b>  <b>Bagel &amp; Yogurt Bag</b>  <b>Chicken Caesar Salad w/ Dinner Roll</b>  <b>Protein Power Up</b>  <b>Crispy Chicken Wrap</b>  <b>Triple Decker Peanut &amp; Jelly</b></p>
<p><b>Friday</b></p> <p>10/3, 10/10, 10/17, 10/24, 10/31</p>	<p><b>Fruit &amp; Granola Parfait</b>  <b>Bagel &amp; Yogurt Bag</b>  <b>Garden Fiesta Salad w/ Dinner Roll</b>  <b>Deli Stackable Bento Box</b>  <b>Chicken Caesar Wrap</b>  <b>Triple Decker Peanut &amp; Jelly</b></p>

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

### **Free Breakfast & Lunch for All Students!**

All students are welcome -- come and enjoy!

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