



# Long Branch High School December 2022

Together We Can, Juntos Nós Podemos, Juntos Podemos



## HOME OF THE GREEN WAVE

	<p><u>Available upon Request:</u>  <b>Vegetable Burger</b>  <b>Almond Milk</b>  <b>Gluten Free Wrap</b></p>		<p>12/1  <b>Chicken &amp; Swiss Panini</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>	<p>12/2  <b>Grilled Chicken Big-Mac</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>
<p>12/5  <b>Chicken &amp; Swiss Panini</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>	<p>12/6  <b>Tuscan Turkey Panini</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>	<p>12/7  <b>Grilled Chicken Club</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>	<p>12/8  <b>Philby Cheesesteak Sub</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>	<p>12/9  <b>Grilled Chicken Fil-A Sandwich</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>
<p>12/12  <b>Rodeo Burger On a Bun</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>	<p>12/13  <b>Ham, Cheddar &amp; Apple Panini</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>	<p>12/14  <b>Chicken Bacon Cheddar / Kaiser Roll</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>	<p>12/15  <b>Turkey Florentine Panini</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>	<p>12/16  <b>Grilled Chicken Big-Mac</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>
<p>12/19  <b>Mozzarella Sticks w/ Marinara Sauce</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>	<p>12/20  <b>Turkey Red Peppers Panini</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>	<p>12/21  <b>Meatball Parm. Sub</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>	<p>12/22  <b>Chicken &amp; Swiss Panini</b>          Hamburger          Cheeseburger          Chicken Patty          Buffalo Chicken Patty</p>	
<p><b>HAPPY HOLIDAYS! SEE YOU NEXT YEAR!</b></p>				

Due to nationwide product and ingredient shortages, menus are subject to change based on product availability. Although menus may change, our teams are working hard to ensure that students still have access to a variety of well-balanced and healthy meal options.

**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