



**Long Branch High School  
January 2019**

**DELI**

**Handcrafted Deli Sandwiches**

Assorted Deli Meats and Cheeses  
Assorted Fresh Toppings and Spreads  
Choice of Tuna or Egg Salad Daily  
Assorted Wraps, Rolls and Bread

In A Hurry? Check  
Out Some Of Our Fast  
Take Sandwiches

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Dog Bar

Pasta Bar

Panini Bar

Breakfast Bar

Taco Bar

**SALADS**

*A Fresh Variety Of Gourmet Garden Salads Are  
Offered Daily.  
Check Our Salad Bar For A Listing Of Our  
Weekly Options!*

**GRILL**

*Hamburgers, Cheeseburgers, Chicken Patty  
Sandwich, And Buffalo Chicken Patties are Offered  
Daily.  
Panini Sandwiches Offered Tuesday-Thursday.*

***Cheese and Pepperoni Offered Daily***

**PIZZA**

**Monday: Sausage Pizza**  
**Tuesday: BBQ Chicken Pizza**  
**Wednesday: Meat Lovers Pizza**  
**Thursday: Buffalo Chicken Pizza**  
**Friday: Taco Pizza**

***Sides Offered Daily With Lunch Choices***

Assorted Fresh Fruits and Vegetables. Specialty Made Salads. Assorted Low Fat and Skim Milks

	1/1	1/2 Mac. & Chicken Alfredo Sauce & Garlic Breadstick Sautéed Spinach Kale Tuscan Salad	1/3 Baked Chicken & Waffles BBQ Baked Beans Roasted Squash & Peppers	1/4 Chicken Gyro Steamed Green Peas Mediterranean Tomato & Cucumber Salad
1/7 Egg & Cheese Bagel Sandwich Sweet Potato Wedges Romaine Tossed Salad	1/8 <b><u>Triple Dipper Tuesday:</u></b> Buffalo Chicken Bites Baked French Fries Pretzel Nuggets Sweet Steamed Corn	1/9 Rotini Pasta w/Italian Meat Sauce & Garlic Breadstick Sautéed Spinach Kale Tuscan Salad	1/10 Nachos Supreme Vegetarian Refried Beans Tomato & Black Bean Salsa	1/11 Fish & Chips Basket w/ Coleslaw Steamed Green Beans
1/14 Chili Cheese Loaded Tots w/Biscuit Honey Glazed Carrots Roasted Sweet Potato	1/15 <b><u>Triple Dipper Tuesday:</u></b> Popcorn Chicken, Breadstick, Potato Wedges Sweet Steamed Corn	1/16 Macaroni & Cheese with Dinner Roll Steamed Broccoli & Stewed Tomatoes Colorful Collards	1/17 Twin Tacos w/Spanish Rice Southwest Black Beans Spinach Tossed Salad	1/18 Sweet & Sour Chicken "Take out" with Rice Chinese Style Vegetables Mandarin Salad
1/21 Martin Luther King's Day School Closed	1/22 Crispy Chicken Bowl w/Mashed Potatoes & Gravy Golden Corn & Dinner Roll	1/23 Baked Ziti w/Garlic Breadsticks Steamed Broccoli Garden Tossed Salad	1/24 Chicken Fajita w/Toppings Seasoned Beans Tomato Salsa	1/25 South of the Border Fish Tacos Baked Latin Beans Mochamole
1/28 Chicken Tenders w/ Dinner Roll Cinnamon Sweet Potatoes Roasted Butternut Squash	1/29 <b><u>Triple Dipper Tuesday:</u></b> Chicken Bites, Pretzel Sticks Waffle Fries Sweet Steamed Corn	1/30 Roasted Turkey w/Gravy Dinner Roll Mashed Potatoes & Golden Corn	1/31 Chicken & Cheese Taquitos w/salsa Vegetarian Refried Beans Corn & Bean Salad	<b>BREAKFAST IS OFFERED AT NO COST TO ALL STUDENTS</b>