



**Long Branch High School  
March 2019**

**DELI**

**Handcrafted Deli Sandwiches**

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

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

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

	<p><b>*Locally Sourced Fruits and Vegetables are offered upon availabilities</b></p>	<p><b>BREAKFAST IS OFFERED AT NO COST TO ALL STUDENTS</b></p>		<p>3/1 South of The Border Fish Tacos Baked Latin Beans Mockamole</p>
<p>3/4 French Toast Sticks Turkey Sausage Cinnamon Sweet Potatoes Spinach Tossed Salad</p>	<p>3/5 <b><u>Triple Dipper Tuesday:</u></b> Chicken Bites, Pretzel Sticks, Waffle Fries, Sweet Steamed Corn</p>	<p>3/6 Open Face Roasted Turkey On Wheat Bread Mashed Potatoes, Gravy &amp; Steamed Broccoli</p>	<p>3/7 Chicken and Cheese Taquitos w/ Salsa Vegetarian Refried Beans Corn &amp; Bean Salad</p>	<p>3/8 PizzaBoli Steamed Green Beans Spinach Tossed Salad</p>
<p>3/11 Fluffy Pancakes Steamed Carrot Coins Roasted Squash &amp; Red Peppers</p>	<p>3/12 <b><u>Triple Dipper Tuesday:</u></b> Chicken Nuggets, Pretzel Bites, Tator Tots and Chilled Sweet Corn</p>	<p>3/13 Alfredo Mac &amp; Cheese w/ Garlic Bread Stick Steamed Broccoli Strawberry Kale Salad</p>	<p>3/14 Baked Chicken &amp; Waffles BBQ Baked Beans Tomato Corn Salsa</p>	<p>3/15 Pepperoni Pita Zone w/ Pasta Steamed Green Peas Cucumber Tomato Salad</p>
<p>3/18 Egg &amp; Cheese Bagel Sandwich Sweet Potato Wedges Romaine Salad</p>	<p>3/19 <b><u>Triple Dipper Tuesday:</u></b> Buffalo Chicken Bites Baked French Fries Pretzel Nuggets Sweet Corn</p>	<p>3/20 Rotini Pasta w/ Italian Meat Sauce &amp; Garlic Bread Stick Sautéed Spinach Roasted Vegetables</p>	<p>3/21 Nachos Supreme Vegetarian Refried Beans Tomato &amp; Black Bean Salsa</p>	<p>3/22 Fish &amp; Chips Basket w/ Coleslaw Steamed Green Beans</p>
<p>3/25 Chili Cheese Loaded Tots w/ Biscuit Honey Glazed Carrots Spinach Tossed Salad</p>	<p>3/26 <b><u>Triple Dipper Tuesday:</u></b> Chicken Bites Pretzel Sticks Waffle Fries Sweet Corn</p>	<p>3/27 Macaroni &amp; Cheese w/ Dinner Roll Steamed Broccoli &amp; Stewed Tomatoes Colorful Collards</p>	<p>3/28 Twin Tacos w/ Spanish Rice Southwest Black Beans Tossed Spinach Salad</p>	<p>3/29 Sweet &amp; Sour Chicken w/ Rice and Chinese Style Vegetables Mandarin Salad</p>