



**Long Branch High School
May 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>Scan to download the So Happy app from the App Store</p>	 <p>So Happy Student's menu app with nutrition and allergen information!</p>		<p>5/1 Open Face Roast Turkey & Gravy, Potato Wedges Steamed Broccoli</p>	<p>5/2 Twin Tacos w/ Spanish Rice Southwest Black Beans Tossed Spinach Salad</p>	<p>5/3 Sweet & Sour Chicken w/ Rice & Chinese Style Vegetables Mandarin Salad</p>
<p>5/6 French Toast Sticks Turkey Sausage Sweet Potatoes, Roasted Squash</p>	<p>5/7 Crispy Chicken Bowl Mashed Potatoes Gravy, Steamed Corn Dinner Roll</p>		<p>5/8 Chef Betty's Baked Ziti, Garlic Stick Steamed Broccoli Tossed Romaine Salad</p>	<p>5/9 Chicken Fajitas Onions & Peppers Spanish Rice Seasoned Beans</p>	<p>5/10 BBQ Pulled Pork or Turkey Sandwich Crispy Potatoes Coleslaw</p>
<p>5/13 Grilled Cheese w/ Tomato Soup Glazed Carrots Tossed Spinach Salad</p>	<p>5/14 <u>Triple Dipper Tuesday</u> Crispy Chicken Bites, Pretzel Sticks, Crispy Fries, Sweet Steamed Corn</p>		<p>5/15 Spaghetti & Meatballs w/ Dinner Roll Steamed Broccoli Spinach Kale Salad</p>	<p>5/16 Oven Roast Turkey W/ Potato & Gravy, Steamed Peas & Carrots Strawberry Kale salad</p>	<p>5/17 Turkey Corn Dog Steamed Green Beans Cucumber Tomato Salad</p>
<p>5/20 Fluffy Pancakes Turkey Sausage Sweet Potatoes Fries Romaine Salad</p>	<p>5/21 <u>Triple Dipper Tuesday:</u> Chicken Nuggets, Pretzel Bites, Potato Wedges Sweet Steamed Corn</p>		<p>5/22 Alfredo Mac & Cheese Garlic Bread Stick Steamed Broccoli Italian Three Beans Salad</p>	<p>5/23 Baked Chicken & Waffles BBQ Baked Beans Tossed Romaine Salad</p>	<p>5/24 Memorial Day Weekend! School Closed</p>
<p>5/27 Memorial Day Weekend! School Closed</p>	<p>5/28 <u>Triple Dipper Tuesday</u> Buffalo Chicken Bites Baked Crispy Fries Pretzel Nuggets Sweet Corn</p>		<p>5/29 Rotini Pasta w/ Italian Meat Sauce & Garlic Bread Stick Sautéed Spinach Roasted Vegetables</p>	<p>5/30 Nachos Supreme Vegetarian Refried Beans Tomato Salsa</p>	<p>5/31 Fish & Chips Basket w/ Coleslaw Steamed Green Beans</p>