




# Historic High School January 2020



**EVERYDAY CHOICES**  
Assorted Deli Meats, Cheeses And  
Salads Served On Freshly Baked  
Breads Rolls And Wraps

In A Hurry? Check Out Our Fast Takes Sandwiches Made  
Fresh Daily And Wrapped To Go

*Locally Sourced Fruits and Vegetables are offered upon availabilities	<b>BREAKFAST IS OFFERED AT NO COST TO ALL STUDENTS</b>		Visit SodexoMyway for Nutrition information and more <a href="https://longbranch.ps.sodexomyway.com/">https://longbranch.ps.sodexomyway.com/</a>	
1/6 <b>Breakfast for Lunch:</b> Pancake w/ Sausage Patty/ Citrus Glazed Carrots Romaine Tossed Salad	1/7 <b>Triple Dipper Tuesday:</b> Chicken Nuggets, Pretzel Stick, Spicy Fries, Romaine Tossed Salad	1/8 Spaghetti & Meatballs Dinner Roll Garlic Sautéed Spinach Romaine Tossed Salad	1/9 Build a Burrito Bowl Spanish Rice Home-style Baked Beans	1/10 Popcorn Chicken Bowl w/ Mashed Potatoes, Corn & Dinner Roll Romaine Tossed Salad
1/13 Cheesy Garlic Flatbread Potato Wedges Romaine Tossed Salad	1/14 <b>Triple Dipper Tuesday:</b> Buffalo Chicken Bites, Pretzel Nuggets, French Fries, Romaine Tossed Salad	1/15 Penne Pasta w/ Italian Meat Sauce Dinner Roll Steamed Broccoli Romaine Tossed Salad	1/16 Nachos Supreme w/ Meat, Cheese & Salsa Southwest Black Beans Romaine Tossed Salad	1/17 Fish & Chips in a Basket w/ Coleslaw Romaine Tossed Salad
	1/21 Beef Meatloaf w/ Mashed Potatoes, Corn & Dinner Roll Spinach Tossed Salad	1/22 Old Fashioned Mac & Cheese w/ Dinner Roll Steamed Broccoli, Spinach Tossed Salad	1/23 Twin Tacos w/ Rice, Cheese, Lettuce & Tomato Spinach Tossed Salad	1/24 General Tso Chicken w/ Rice Teriyaki Green Beans Spinach Tossed Sald
1/27 Home style Mac & Cheese served w/ Herbed Breadstick & Citrus Glazed Carrots	1/28 Shepherds Pie served w/ dinner roll & Roasted Broccoli and Cauliflower	1/29 Sliced turkey & Gravy served w/ dinner roll & Mashed Potatoes	1/30 Spaghetti & Meatballs w/ Herbed Breadstick & side Caesar Salad	1/31 Frito Chili Pie served w/ Black Beans or Aztec Corn



### Pizza:

#### Everyday Options:

**Cheese Pizza**  
Monday, Wednesday, Friday: Peperoni  
Tuesday: Sausage  
Thursday: Hawaiian

### Grill:

#### Everyday selections:

Classic Hamburger  
Crispy Chicken Sandwich



### Fast takes:

#### Offered Daily:

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese, Ham and Cheese, Italian or Hummus.

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.



### SIDES OFFERED DAILY WITH LUNCH CHOICES

Assorted Fresh Fruits and Vegetables, Specialty Made Salads, Assorted Low Fat and Skim Milks  
Assorted 100% Fruit Juice

Additional nutrition information available upon request. This institution is an equal opportunity provider.