

#### MONDAY



#### TUESDAY



#### WEDNESDAY



#### THURSDAY

2  
Visit SodexoMyway for Nutrition information and more  
<https://longbranch.ps.sodexomyway.com/>

#### FRIDAY



All lunches served with choice of milk: 1%, Fat Free, and Chocolate.

6

##### Breakfast for Lunch

Fluffy Golden Pancakes  
Turkey Sausage Patties  
Cinnamon Sweet Potatoes  
Garden Tossed Salad  
Sweet Applesauce  
Milk

7

Chicken Patty on a Bun  
Tater Tots  
Garden Tossed Salad  
Fresh Apple  
Milk

8

Spaghetti & Meatballs  
Dinner Roll  
Roasted Broccoli  
Garden Tossed Salad  
Diced Pears  
Milk

9

Chicken & Waffles  
Sweet Carrot Coins  
Bean Salad  
Banana  
Milk

10

French Bread Pizza  
Green Peppers w/ Dip  
Romaine Tossed Salad  
Pineapple Tidbits  
Milk

13

Green Wave Burger  
Sweet Potato Wedges  
Garden Salad  
Sweet Applesauce  
Milk

14

Poppin' Popcorn Chicken  
with Dinner Roll  
Baked French Fries  
Romaine Salad  
Pineapple  
Milk

15

Meatballs Sub  
Sautéed Spinach  
Romaine Salad  
Sweet Peaches  
Milk

16

**Wave-able Bento Box**  
Deli Turkey & Cheese Cubes  
Goldfish Crackers  
Baby Carrots  
Garden Tossed Salad  
Apple Slices  
Milk

17

Cheese Pizza  
Cucumber Slices  
Spinach Tossed Salad  
Orange Smiles  
Milk

21

Chicken Patty on a Bun  
Waffle Fries  
Spinach Tossed Salad  
Diced Pears  
Milk

22

Old Fashioned Mac & Cheese  
with Dinner Roll  
Steamed Broccoli  
Spinach Tossed Salad  
Orange Slices  
Milk

23

Ham & Cheese on a Bun  
Baby Carrots  
Spinach Tossed Salad  
Banana  
Milk

24

French Bread Pizza  
Green Bean Salad  
Spinach Tossed Salad  
Pineapple  
Milk



Complimentary Breakfast Served Daily

27

##### Breakfast for Lunch

French Toast Sticks  
with Sausage Links  
Sweet Potato Fries  
Garden Salad  
Sweet Applesauce  
Milk

28

Chicken Nuggets with Dinner Roll  
Emoji Fries  
Garden Tossed Salad  
Fresh Apple  
Milk

29

Butter Pasta & Meatballs  
Dinner Roll  
Broccoli Florets with Dip  
Garden Tossed Salad  
Diced Pears  
Milk

30

Homemade Meatloaf w/ Gravy  
Mashed Potatoes &  
Sweet Peas  
Banana  
Milk

31

Cheese Pizza  
Celery Sticks  
Garden Tossed Salad  
Pineapple  
Milk

Menu subject to change



## Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

**Source:** <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[www.liftoffsplayground.com](http://www.liftoffsplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutrigrain Bar OR Assorted Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Mini Carnival Pancakes OR Asst Cereal w/ Graham Crackers 100% Fruit Juice & Milk	Mini Bagel w/Cream Cheese OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
Whole Grain Pop Tarts OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Mini Waffles OR Asst Cereal w/ Graham Crackers 100% Fruit Juice & Milk	Cherry Frudel OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
School Closed	Mini Carnival Pan- cakes OR Asst Cereal w/ Graham Crackers 100% Fruit Juice & Milk	Mini Bagel w/Cream Cheese OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
Whole Grain Poptarts OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Mini Waffles OR Asst Cereal w/ Graham Crackers 100% Fruit Juice & Milk	Cherry Frudel OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk

### Fresh Pick Recipe

#### BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
- 1 cup Chicken broth
- 1 Onion (sliced in wedges)
- 1 T Olive oil
- 1-2 t dried sage (can substitute with fresh)
- Salt and pepper to taste
- 3 cups Grapes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
4. Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
5. Place in oven for 20 minutes.
6. Remove from oven and add the grapes to the pan.
7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
8. Serve with rice.



Make checks payable to: Long Branch Board of Education  
5 Lunches ---10 Lunches--- 20 Lunches----- 25 Lunches  
\$10.00-----\$20.00-----\$40.00-----\$50.00

Questions? Comments?  
Please Contact Nawal Maroun  
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Nutrition Information is available upon request.

