

### MONDAY



### TUESDAY

Available Daily Upon Request  
Deli Sandwiches  
Lactaid Milk

### WEDNESDAY

Due to nationwide product and ingredient shortages, menus are subject to change based on product availability

### THURSDAY

**1**  
**\*\*EAT A RED APPLE DAY\*\***  
Chicken Parm Sandwich  
Roasted Chickpeas  
Romaine Salad  
**Red Apple**  
Milk

### FRIDAY

**2**  
Cheese Pizza  
Celery Sticks  
Romaine Tossed Salad  
Pineapple Tidbits  
Milk

All Lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate

**5**

Macaroni & Cheese  
with Dinner Roll  
Green Beans  
Romaine Salad  
Applesauce  
Milk

**6**

Breakfast for Lunch:  
French Toast Sticks with Turkey Sausage  
Cinnamon Sweet Potatoes  
Spinach Salad  
Sweet Peaches  
Milk

**7**

Deli Stackable Bento Box  
Spinach Salad  
Apple Slices  
Milk

**8**

Hamburger on a Bun  
Baked French Fries  
Spinach Salad  
Banana  
Milk

**9**

Cheese Pizza  
Baby Carrots  
Spinach Salad  
Orange Smiles  
Milk

**12**

Golden Grilled Cheese  
Cucumber Coins  
Spinach Salad  
Applesauce  
Milk

**13**

Chicken Nuggets  
w/ Dinner Roll  
Baked French Fries  
Romaine Salad  
Banana  
Milk

**14**

Homestyle Baked Ziti  
with Garlic Breadstick  
Glazed Carrots  
Romaine Salad  
Pears  
Milk

**15**

Turkey & Cheese on a Bun  
Broccoli Dippers  
Romaine Salad  
Sweet Peaches  
Milk

**16**

French Bread Pizza  
Cucumber Slices  
Romaine Salad  
Pineapple Tidbits  
Milk

**19**

Egg & Muffin Bento Box  
Spinach Salad  
Pear  
Milk

**20**

Soft Tacos  
with Meat, Cheese  
Sweet Corn  
Spinach Salad  
Apple  
Milk

**21**

Chicken Nuggets  
with Dinner Roll  
Crispy Tots  
Spinach Salad  
Orange Smiles  
Milk

**22**

Cheese Pizza  
Celery Sticks  
Spinach Salad  
Pineapple Tidbits  
Milk

**23**

NO SCHOOL  
WINTER RECESS

**26**

Visit:  
SodexoMyWay  
for Nutrition  
Information and More  
  
<https://longbranch.ps.sodexomyway.com>

**27**

NO SCHOOL  
WINTER RECESS



**29**

NO SCHOOL  
WINTER RECESS



\*Locally Sourced Fruits and Vegetables are offered upon



## Supporting Achievement

Students achieve their best when they are attentive and ready to learn. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to: 5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter, is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to consuming 5 servings of fruits and vegetables daily. In addition, substituting water with flavor-infused fruit instead of soda or other sweetened beverages not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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.liftoffsplyground.com](http://www.liftoffsplyground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All Breakfasts include: Fresh Fruit 100% Fruit Juice Milk (1% or Skim White)		1 Blueberry Muffin w/ Graham Crackers Or Assorted Cereal with Graham Crackers	2 Yogurt with Graham Crackers Or Assorted Cereal with Graham Crackers
5 Sausage, Egg & Cheese Wrap Or Assorted Cereal with Graham Crackers	6 Strawberry Nutri Grain Bar Graham Crackers Or Asst. Cereal w/ Graham Crackers	7 Blueberry Muffin Or Asst. Cereal w/ Graham Crackers	8 Mini Pancake Or Asst. Cereal w/ Graham Crackers	9 Yogurt with Graham Crackers Or Asst. Cereal w/ Graham Crackers
12 Strawberry Pop Tart Or Asst. Cereal w/ Graham Crackers	13 Banana Muffin w/ Graham Crackers Or Assorted Cereal w/ Graham Crackers	14 Breakfast Burrito Or Asst. Cereal w/ Graham Crackers	15 Mini Waffles Or Asst. Cereal w/ Graham Crackers	16 Yogurt with Graham Crackers Or Asst. cereal w/ Graham Crackers
19 Chocolate Chip Muffin w/ Graham Crackers Or Asst. Cereal w/ Graham Crackers	20 Strawberry NutriGrain Bar Or Asst. Cereal w/ Graham Crackers	21 Mini Pancakes Or Asst. Cereal w/ Graham Crackers	22 Yogurt with Graham Crackers Or Asst. Cereal w/ Graham Crackers	SCHOOL CLOSED
SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED

### Fresh Pick Recipe

#### WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

**NUTRITION FACTS:**  
13 calories, .08g fat,  
5mg sodium, .65g fiber



**So Happy**

Sodexo's menu app with nutrition and allergen information!

Due to nationwide product and ingredient shortages, menus are subject to change based on product availability. Although menus may change, our teams are working hard to ensure that students still have access to a variety of well-balanced and healthy meal options.

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

Nutrition Information is available upon request.

