

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

DR. DEUSS'S A B C
 French Toast Sticks
 with Sausage Links
 Garden Tossed Salad
 Sweet Potato Fries
 Diced Pears
 Milk

3

HOP ON
 Popcorn Chicken
 with Dinner Roll
 Emoji Fries
 Spinach Tossed Salad
 Apple
 Milk

4

ARE YOU MY
 Philly Cheesesteak
 Broccoli
 Spinach Salad
 Sweet Peaches
 Milk

5

Oh The PLACES YOU'LL GO
 Homemade Meatloaf w/ Gravy
 Mashed Potatoes & Bean Salad
 Banana
 Milk

6

CAT IN THE HAT
 French Bread Pizza
 Roasted Zucchini
 Spinach Tossed Salad
 Pineapple Tidbits
 Milk

HAPPY BIRTHDAY DR. SEUSS!

9

Pretzel Cheeseburger
 Steamed Carrot Coins
 Garden Tossed Salad
 Sweet Applesauce
 Milk

10

Crispy Chicken Bowl
 with Mashed Potatoes
 & Corn
 Orange Smiles
 Milk

11

Mozzarella Sticks
 with Marinara Sauce
 Garlic Sauteed Spinach
 Garden Salad
 Sweet Peaches
 Milk

12

Turkey & Cheese Sandwich
 Three Beans Salad
 Garden Salad
 Banana
 Milk

13

Cheese Pizza
 Green Pepper Strips
 Garden Tossed Salad
 Pears
 Milk

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

16

BREAKFAST FOR LUNCH:
 Fluffy Pancakes
 with Sausage Patty
 Cinnamon Sweet Potatoes
 Spinach Tossed Salad
 Sweet Applesauce
 Milk

17

Chicken Tenders
 with Dinner Roll
 Tater Tots
 Spinach Tossed Salad
 Orange Smiles
 Milk

18

Pizza Bagels
 Roasted Broccoli
 Spinach Tossed Salad
 Sweet Peaches
 Milk

19

Cheese Quesadilla w/ Salsa
 Homestyle Baked Beans
 Spinach Tossed Salad
 Banana
 Milk

20

French Bread Pizza
 Parmesan Green Beans
 Spinach Tossed Salad
 Pineapple Tidbits
 Milk

Menu Subject to Change

23

Green Wave Burger
 Sweet Potato Wedges
 Garden Tossed Salad
 Sweet Applesauce
 Milk

24

Chicken Nuggets
 with Dinner Roll
 Baked French Fries
 Garden Tossed Salad
 Pineapple
 Milk

25

Meatballs over Buttered Noodles
 Dinner Roll
 Steamed Broccoli
 Garden Tossed Salad
 Sweet Peaches
 Milk

26

Ham & Cheese Sandwich
 Baby Carrots
 Three Bean Salad
 Banana
 Milk

27

Cheese Pizza
 Cucumber Coins
 Spinach Tossed Salad
 Pears
 Milk

Complimentary Breakfast Served Daily

30

Stuffed Breadstick
 with Marinara Sauce
 Citrus Glazed Carrots
 Spinach Tossed Salad
 Sweet Applesauce
 Milk

31

Chicken Patty on a Bun
 Waffle Fries
 Spinach Tossed Salad
 Pineapple
 Milk

National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.



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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Nutrigrain Bar OR Assorted Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	3 Mini Carnival Pancakes OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	4 Mini Bagel w/Cream Cheese OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	5 Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Juice & Milk	6 Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
9 Whole Grain Pop Tarts OR Assorted Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	10 Blueberry Muffin OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	11 Cherry Frudel OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	12 Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Juice & Milk	13 Mini Waffles OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
16 Nutrigrain Bar OR Assorted Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	17 Mini Carnival Pancakes OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	18 Mini Bagel w/Cream Cheese OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	19 Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Juice & Milk	20 Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
23 Whole Grain Pop Tarts OR Assorted Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	24 Blueberry Muffin OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	25 Apple Frudel OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	26 Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Juice & Milk	27 Mini Waffles OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
30 Nutrigrain Bar OR Assorted Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	31 Mini Carnival Pancakes OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk		Menu Subject to Change	

Fresh Pick Recipe

ORANGE SALAD WITH GINGER DRESSING (SERVES 16)

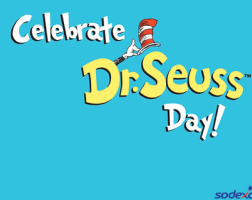
- 1 cup mandarin oranges in light syrup
- 1 tablespoon green onion (chopped)
- 1/4 cup frozen orange juice
- 1 tablespoon canola/olive oil blend
- 1 teaspoon ginger (ground)
- 1/2 teaspoon garlic powder
- 1 teaspoon parsley (dried)
- 3 cups fresh spinach
- 3 cups romaine lettuce

1. Drain oranges.
2. Slice onion on bias.
3. Whisk orange juice, oil, ginger, garlic and parsley. Blend well.
4. In serving pan, mix spinach and lettuce.
5. Right before service, toss lettuce mixture with dressing.
6. Garnish salad with oranges and onions.

NUTRITION FACTS:
24 calories, 1g fat,
7mg sodium, 1g fiber

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
Food Service Director
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Nutrition Information is available upon request.