

#### MONDAY



#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

1

2

3

4

Chicken Nuggets/Roll  
Steamed Broccoli  
Spinach Tossed Salad  
Sweet Peaches  
Milk

Turkey Ham & Cheese Sandwich  
Three Bean Salad  
Spinach Tossed Salad  
Banana  
Milk

French Bread Pizza  
\*Jersey Cucumbers  
Spinach Tossed Salad  
Pineapple Tidbits  
Milk

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

7

8

9

10

11

Egg & Cheese Bagel Sandwich  
Sweet Potato Bites  
Garden Tossed Salad  
Diced Pears  
Milk

Poppin Popcorn Chicken w/Roll  
Baked French Fries  
Garden Tossed Salad  
\*Jersey Apple  
Milk

Beefaroni w/Breadstick  
Steamed Cauliflower  
Garden Tossed Salad  
Sweet Peaches  
Milk

Nachos Supreme w/Meat  
Vegetarian Refried Beans  
Garden Tossed Salad  
Banana  
Milk

Cheese Pizza  
Steamed Green Beans  
Garden Tossed Salad  
Pineapple Tidbits  
Milk

Menu subject to change.

14

15

16

17

18

Cheesy Stuffed Breadsticks  
w/Marinara Sauce  
Spinach Tossed Salad  
Carrot Sticks  
Sweet Applesauce  
Milk

Chicken Patty Sandwich  
Crispy Fries  
Spinach Tossed Salad  
Apple Slice  
Milk

Macaroni & Cheese w/Dinner Roll  
Sautéed Spinach  
Spinach Tossed Salad  
Sweet Peaches  
Milk

Turkey & Cheese Sandwich  
Celery Sticks  
Spinach Tossed Salad  
Banana  
Milk

French Bread Pizza  
Cucumber Coins  
Spinach Tossed Salad  
Pineapple Tidbits  
Milk

\*Locally Sourced Fruits & Vegetables are offered upon availabilities

21

22

23

24

25

Martin Luther King Day!  
  
School Closed

Chicken Nuggets w/Breadstick  
Waffle French Fries  
Garden Tossed Salad  
\*Jersey Apple  
Milk

Meatballs over  
Pasta Marinara  
Sweet Peas  
Garden Tossed Salad  
Peaches  
Milk

Turkey Ham & Cheese on a Bun  
Broccoli Dippers w/  
Lite Italian  
Garden Tossed Salad  
Sweet Pears  
Milk

Cheese Pizza  
Celery Sticks  
Garden Tossed Salad  
Pineapple Tidbits  
Milk

Menu Subject to Change.

28

29

30

31

Grilled Cheese  
Steamed Carrots  
Spinach Tossed Salad  
Diced Pears  
Milk

Crispy Chicken w/Roll  
Mashed Potatoes & Golden Corn  
Spinach Tossed Salad  
Apple Slices  
Milk

Baked Ziti w/Breadstick  
Sautéed Spinach  
Spinach Tossed Salad  
Sweet Peaches  
Milk

Turkey Bologna & Cheese Sandwich  
Steamed Green Beans  
Spinach Tossed Salad  
Banana  
Milk



## Supporting Achievement

Learning is best achieved when children are attentive and ready to learn in the classroom. 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 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. And finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information, and overall struggle to learn as well as others who get the right amount of sleep each night. It's a pretty simple rule to remember – 5,4,3,2,1 + 8 – help make it part of your family's new year resolution.



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

liftoffsplayground.com

### BREAKFAST MENU

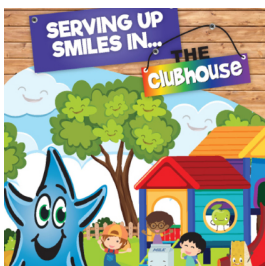
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy New Year!	1	2 Apple Jacks Pouch OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	3 Choc Filled Crescent OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	4 Berry Rice Krispies Bar OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
7 Cocoa Krispies Cereal Bar OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	8 Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	9 Fruit Loops Pouch OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	10 Mini Maple Waffles OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	11 Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
14 Apple NutriGrain Bar OR Cereal & Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	15 Asst Muffin OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	16 Bagel w/Cream Cheese OR Cereal & Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	17 Mini Berry French Toast OE Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	18 Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
21	22 Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	23 Cinnamon Cream Cheese Filled Bagel OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	24 Apple Frudel OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	25 Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
28 Asst Poptarts OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	29 Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	30 Cinna Bun Crunchmania OR Asst Cereal Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	31 Mini Pancakes OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	

### Fresh Pick Recipe

#### CAULIFLOWER SQUASH BAKE

- 1 Butternut squash (medium/peeled/ large dice)
- 1 Cauliflower (florets separated)
- 1 Onion (small/sliced thin)
- Salt and pepper to taste
- 2 T Olive Oil
- 1 T lemon juice
- 1 c Cherry tomatoes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. On a large baking sheet, place the squash, cauliflower, and onion.
4. Mix the olive oil with the lemon juice and drizzle on the vegetables.
5. Add salt and pepper to taste.
6. Place in oven and bake for 20 minutes.
7. Stir the vegetables and add the tomatoes.
8. Place back in the oven for 5 minutes or until vegetables are crisp/ tender.



### Pre-Paid Lunch. One form per child

Make checks payable to: Long Branch Board of Education

5 lunches---10 Lunches---20 Lunches---25 Lunches

\$9.50-----\$19.00-----\$38.00-----\$47.50

Nutrition Information is available upon request.