


### MONDAY



**So Happy**  
Sodexo's menu app with nutrition and allergen information!

### TUESDAY




Scan to download the So Happy app from the App Store.

### WEDNESDAY



### THURSDAY



**Celebrate Dr. Seuss Day!**

### FRIDAY

**1**

Cheese Pizza  
\*Cucumber Coins  
Garden Tossed Salad  
Pineapple Tidbits  
Milk

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

**4**

**DR. SEUSS A B C**  
Grilled Cheese  
Baby Carrots  
Spinach Tossed Salad  
Diced Pears  
Milk

**5**

**HOP ON POP**  
Crispy Chicken Bowl w/Roll  
Mashed Potatoes & Golden Corn  
Orange Smiles  
Spinach Tossed Salad  
Milk

**6**

**ARE YOU MY**  
Baked Ziti w/Breadstick  
Sauteed Spinach  
Spinach Tossed Salad  
Sweet Peaches  
Milk

**7**

**OH, THE PLACES YOU'LL GO**  
Turkey Bologna  
Broccoli Dippers  
Spinach Tossed Salad  
Applesauce  
Milk

**8**

**THE CAT IN THE HAT**  
French Bread Pizza  
Celery Sticks  
Spinach Tossed Salad  
Pineapple Tidbits  
Milk

Join us for lunch on March 7th to celebrate Dr. Seuss Week and enjoy Chocolate Pudding with Lunch

**11**

Breakfast for Lunch!  
Fluffy Pancakes w/Turkey Sausage  
Sweet Potatoes  
Garden Tossed Salad  
Diced Pears  
Milk

**12**

Chicken Tenders w/Dinner Roll  
Tater Tots  
Carrot Coins  
\*Jersey Apple  
Milk

**13**

Hamburger on a Bun  
Steamed Broccoli  
Garden Tossed Salad  
Sweet Peaches  
Milk

**14**

Ham & Cheese  
Three Bean Salad  
Garden Tossed Salad  
Banana  
Milk

**15**

Cheese Pizza  
\*Jersey Cucumber Coins  
Garden Tossed Salad  
Pineapple Tidbits  
Milk

\*Locally Sourced Fruits and Vegetables are offered upon availabilities

**18**

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

**19**

Poppin Popcorn Chicken w/Roll  
Mashed Potatoes  
Golden Corn  
Orange Smiles  
Milk

**20**

Beefaroni w/Breadstick  
Carrot Coins  
Spinach Tossed Salad  
Sweet Peaches  
Milk

**21**

Nachos Supreme w/Meat  
Vegetarian Refried Beans  
Spinach Tossed Salad  
Applesauce  
Milk

**22**

French Bread Pizza  
Celery Sticks  
Spinach Tossed Salad  
Pineapple Tidbits  
Milk

Menu is subject to change.

**25**

Cheesy Stuffed Breadsticks  
Honey Glazed Carrots  
Garden Tossed Salad  
Diced Pears  
Milk

**26**

Chicken Patty Sandwich  
Waffle Fries  
Garden Tossed Salad  
Apples Slices  
Milk

**27**

Mac & Cheese w/Breadstick  
Sauteed Spinach  
Garden Tossed Salad  
Sweet Peaches  
Milk

**28**

Turkey & Cheese Sandwich  
Baby Carrots  
Garden Tossed Salad  
Banana  
Milk

**29**

Cheese Pizza  
\*Cucumber Coins  
Garden Tossed Salad  
Pineapple Tidbits  
Milk



## National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Taking time to sit down together for meals at home may be tough, but it's critically important for creating these lasting food experiences where we are teaching children to pause for a moment and truly enjoy their food. Impulsive eating that leads to over consumption of empty calories is not the path towards a healthy future and can lead to unwanted weight gain. Take time to share food traditions with children and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines for Americans and MyPlate recommendations can help you plan healthy meals for your family. Check out these resources at [www.choosemyplate.gov](http://www.choosemyplate.gov).



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

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
4 Apple NutriGrain Bar OR Cereal & Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	5 Asst Muffin OR Asst Cereal w/ Graham rackers Fresh Fruit 100% Fruit Juice & Milk	6 Bagel w/Cream Cheese OR Cereal & Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	7 Mini Berry French Toast OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	8 Yogurt OR Asst Cereal w/ Graham Crackers Fresh fruit 100% Fruit Juice & Milk
11 NutriGrain Bar OR Cereal, Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	12 Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	13 Cinnamon Cream Cheese Filled Bagel OR Asst Cereal Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	14 Apple Frudel OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fresh Fruit & Milk	15 Yogurt or Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
18 Asst Poptarts OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	19 Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	20 CinnaBun Crunchmania OR Asst Cereal Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	21 Mini Pancakes OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	22 Yogurt OR Assr Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
25 Choc Chip Oat Bar OR Asst Cereal Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	26 Asst Muffins OR Asst Cereal Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	27 Apple Jacks Pouch OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	28 Choc Filled Crescent OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	29 Berry Rice Krispies Bar OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk

### Fresh Pick Recipe

#### MUSHROOMS AND SNAP PEAS (SERVES 4)

- 3 cups raw mushrooms (pieces)
- 1 tablespoon canola/olive oil blend
- 1/2 tablespoon low sodium soy sauce
- 1 tablespoon frozen lemon juice (unsweetened)
- 3 cups frozen peas (cooked)

1. Slice mushrooms 1/2".
2. In a non-reactive bowl, whisk together oil, soy sauce and lemon juice.
3. Combine mushrooms and peas with dressing.

**NUTRITION FACTS:**  
138 calories, 4g fat,  
161mg sodium, 7g fiber

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

Make checks payable to: Long Branch Board of Education



Nutrition Information is available upon request.

