

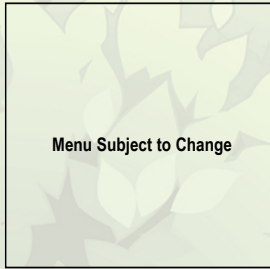
MONDAY



TUESDAY



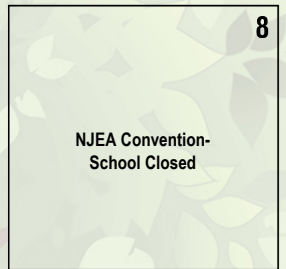
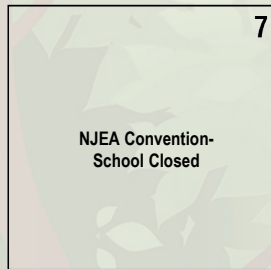
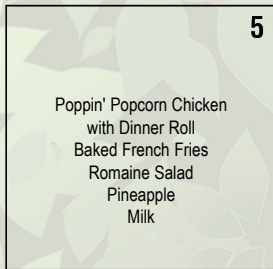
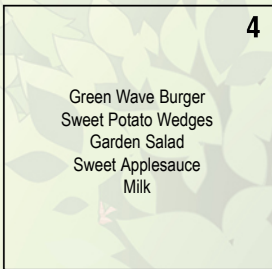
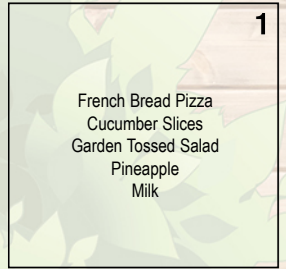
WEDNESDAY



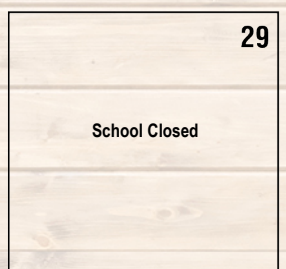
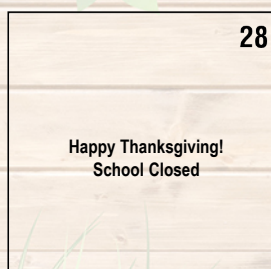
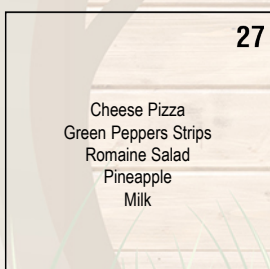
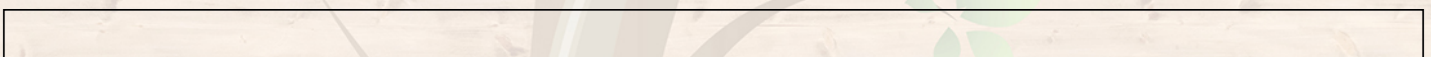
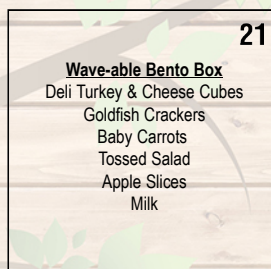
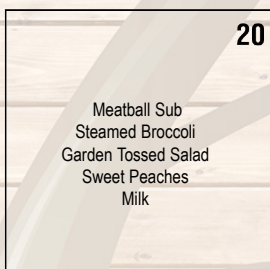
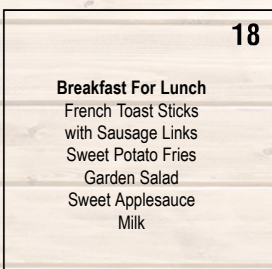
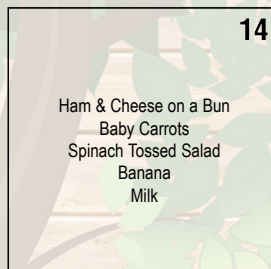
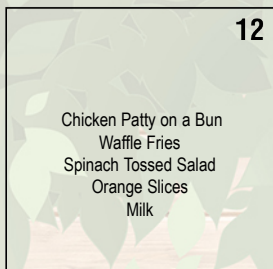
THURSDAY



FRIDAY



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



*Locally Sourced Fruits & Vegetables are offered upon availabilities.

The Role of Nutrition and Stress

Nutrition and stress often go hand-in-hand, with some people tending to overeat when stressed and others limiting their food intake due to an upset stomach or indigestion. Certain foods increase the physical stress on your body by making digestion more difficult, or by denying the brain essential nutrients. With a sensible diet, it's possible to reduce the effects of stress, avoid some common problems and protect your health. Nutrients such as Vitamins B and C, calcium, magnesium and zinc can be depleted by stress. To help your body better manage stress and avoid nutrient depletion, you should always aim to eat breakfast, plan

meals in advance, pack healthy snacks, minimize caffeine from tea, coffee and sodas and fill up on hydrating water. For added calcium, consume yogurts, smoothies and even calcium-fortified orange juice. B vitamins can be obtained by eating wholesome grains and vitamin C, and magnesium can be found in many fruits and vegetables. Giving your body nutrition it needs is a positive step you can take every day toward combating stress. With the correct nutrition, you are better prepared to face the challenges of the day.



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
				Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
Nutrigrain Bar OR Assorted Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Mini Pancakes OR Asst Cereal w/ Graham Crackers 100% Fruit Juice & Milk	Cinnamon Cream Cheese Filled Bagels Or Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	School Closed	School Closed
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	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	Mini Berry French Toast OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
Nutrigrain Bar OR Assorted Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Mini Pancakes OR Asst Cereal w/ Graham Crackers Fresh Fruit 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
Whole Grain Poptarts OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Mini Waffles OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	Chocolate Crescent OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk		

Fresh Pick Recipe

LEMONY SMASHED POTATOES

- 12 new potatoes (small)
- 2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 cup fresh parsley, sliced
- 1 cup nonfat sour cream
- 1 1/2 tablespoon chives, chopped small
- sea salt and pepper

1. Boil potatoes in pan of water until tender and drain.
2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
6. Remove potatoes from the oven and sprinkle with the parsley.
7. Mix the chives with the sour cream and serve on the side.



So Happy

Sodexo's menu app with nutrition and allergen information!

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.

