

## Long Branch Kindergarten Lunch Menu



**MONDAY** 

TUESDAY

WEDNESDAY

**THURSDAY** 

**FRIDAY** 

sodera Sodera

50.6

Menu Subject to Change

French Bread Pizza Cucumber Slices Garden Tossed Salad Pineapple

4

Green Wave Burger Sweet Potato Wedges Garden Salad Sweet Applesauce Milk 5

Poppin' Popcorn Chicken with Dinner Roll Baked French Fries Romaine Salad Pineapple

6

Butter Pasta & Meatballs Dinner Roll Sautéed Spinach Romaine Salad Sweet Peaches Milk

NJEA Convention-School Closed 8

1

NJEA Convention-School Closed

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

11

Stuffed Breadsticks with Marinara Sauce Glazed Carrots Spinach Tossed Salad Applesauce Milk 12

Chicken Patty on a Bun Waffle Fries Spinach Tossed Salad Orange Slices Milk 13

Old Fashioned Mac & Cheese with Dinner Roll Steamed Broccoli Spinach Tossed Salad Diced Pears Milk 14

7

Ham & Cheese on a Bun Baby Carrots Spinach Tossed Salad Banana Milk 15

Cheese Pizza Green Bean Salad Spinach Tossed Salad Pineapple Milk

18

Breakfast For Lunch French Toast Sticks

with Sausage Links Sweet Potato Fries Garden Salad Sweet Applesauce 19

Chicken Nuggets with Dinner Roll Emoji Fries Garden Tossed Salad Fresh Apple 20

Meatball Sub Steamed Broccoli Garden Tossed Salad Sweet Peaches Milk 21

Wave-able Bento Box

Deli Turkey & Cheese Cubes Goldfish Crackers Baby Carrots Tossed Salad Apple Slices 22

29

French Bread Pizza Cucumber Slices Garden Tossed Salad Pineapple Milk

25

Grilled Cheese Steamed Carrot Coins Garden Salad Sweet Applesauce Milk 26

Thanksgiving Meal

Roasted Turkey with Gravy, Stuffing, Mashed Potatoes & Corn Fresh Apple Milk 27

Cheese Pizza Green Peppers Strips Romaine Salad Pineapple Milk 28

School Closed

Happy Thanksgiving! School Closed

\*Locally Sourced Fruits & Vegetables are offered upon availabilities.

This institution is an equal opportunity provider.

## 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.liftoffsplayground.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
- Boil potatoes in pan of water until tender and drain.
- 2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
- Place the potatoes on the baking sheet.
   Smash each potato with your hand until they break slightly open.
- Mix the remaining oil with the lemon juice.
   Drizzle mixture over the potatoes. Salt and pepper the potatoes.
- 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.



Make checks payable to: Long Branch Board of Education 5 Lunches --- 20 Lunches --- 25 Lunches \$10.00-----\$20.00-----\$40.00-----\$50.00

