

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2




5

Chicken Nuggets w/ Dinner Roll
Golden Corn
Garden Tossed Salad
Banana
Milk

6

Cheese Pizza
Cucumber Coins
Garden Tossed Salad
Pineapple Tidbits
Milk

9

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

All Lunches Served with Choice of Milk: 1%, Fat Free or Fat Free Chocolate, as well as 100% Fruit Juice.

10

Chicken Patty sandwich
Waffle Fries
Spinach Tossed Salad
Apple Slices
Milk

11

Mac & Cheese w/Dinner Roll
Steamed Broccoli
Spinach Tossed Salad
Sweet Peaches
Milk

12

Ham & Cheese Waveable!
Baby Carrots
Spinach Tossed Salad
Tangerine
Milk

13

French Bread Pizza
Celery Sticks
Spinach Tossed Salad
Pineapple Tidbits
Milk

Join us for lunch on Wednesday the 18th for a special WELCOME BACK celebration!

16

Breakfast For Lunch!
French Toast Sticks w/Sausage Links
Sweet Potato Fries
Garden Tossed Salad
Diced Pears
Milk

17

Chicken Nuggetsw/ Dinner Roll
Emoji Fries
Garden Tossed Salad
Fresh Apple
Milk

18

Meatball Sub
Steamed Broccoli
Garden Tossed Salad
Sweet Peaches
Milk

19

Grilled Ham & Cheese on a Bun
Baby Carrots
Garden Tossed Salad
Banana
Milk

20

Cheese Pizza
Italian roasted Zucchini
Garden Tossed Salad
Pineapple Tidbits
Milk

Sodexo Proudly support clean, sustainable agriculture, and we purchase local whenever possible and seasonally available!

23

Grilled Cheese
Steamed Carrots Coins
Spinach Tossed Salad
Diced Pears
Milk

24

Crispy Chicken Bowl
Mashed Potatoes & Corn
Spinach Tossed Salad
Apple Sauce
Milk

25

Mozzarella Stick w/Marinara
Broccoli Dippers
Spinach Tossed Salad
Sweet Peaches
Milk

26

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

27

Cheese or Pepperoni
French Bread Pizza
Cucumber Coins
Spinach Tossed Salad
Pineapple Tidbits
Milk


Menu subject to change.

30

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



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



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

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JOIN US TO CELEBRATE
NEW JERSEY TOMATOES
with JERSEY TASTES
On TUESDAY SEPTEMBER 24th

The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.¹ Called “The Big 8,” these foods include: milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat and soy. Although these are the most commonly allergenic foods, more than 160 different foods have been indicated in food allergy reactions.¹ Any food can cause anaphylaxis, a potentially life-threatening reaction to food allergens. Avoidance of the offending food is recommended to prevent potentially life-threatening reactions by those with food allergies. For this reason, it is important to communicate food allergy concerns with your school team. Please reach out to both your school nurse and

school foodservice director to coordinate a meeting to discuss any special dietary needs required for school meals. For more information on food allergies, consider reviewing the resources below:

1. U.S. Food & Drug Administration Website.

Food Allergies: What you need to know. Available at <https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAllergens/ucm079311.htm>.

2. Food Allergy Research & Education.

Information available at <https://www.foodallergy.org/>.



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
			5 Choco Crescent OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	6 Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
9 Nutrigrain Bar OR Assorted Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	10 Mini Pancakes OR Asst Cereal w/ Graham Crackers 100% Fruit Juice & Milk	11 Mini Bagel w/Cream Cheese OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	12 Cherry Frudel OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	13 Mini Berry French Toast OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
16 Whole Grain Poptarts OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	17 Mini Pancakes OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	18 Crunchmania OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	19 Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	20 Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
23 Nutrigrain Bar OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	24 Mini Pancakes OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	25 Cinnamon Cream Cheese Filled Bagels OR Asst Cereal w/ Graham Crackers Fresh Fruit	26 Apple Frudel OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	27 Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
30 Whole Grain Poptarts OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk				

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



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.

