

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**freshpick**  
for better health  
by **sodexo**

Blueberries



Cheeseburger on a Bun  
Crispy Fries  
Fresh Apple  
Milk

Cheese Pizza  
Baby Carrot  
Orange Smiles  
Milk

Alfredo Mac.  
Steamed Broccoli  
Sweet Applesauce  
Milk

Turkey & Cheese on a Bun  
Cucumber Slices  
Sweet Pears  
Milk

Grilled Ham & Cheese on a Bun  
Steamed Green Beans  
Banana  
Milk

Chicken Nuggets w/ Dinner Roll  
Crispy Fries  
Fresh Apple  
Milk

Fresh Bread Pizza  
Baby Carrots  
Orange Smiles  
Milk

Chicken Nuggets w/ Dinner Roll  
Sweet Potato Fries  
Applesauce  
Milk

Macaroni & Cheese  
Parmesan Green Beans  
Sweet Pineapple  
Milk

**Breakfast for Lunch:**

Golden Pancake w/  
Turkey Sausage  
Tator Tots  
Banana  
Milk

Bacon Cheeseburger  
Steamed Broccoli  
Fresh Apple  
Milk

Cheese Pizza  
Citrus Carrot  
Orange Smiles  
Milk

School Closed

Beef & Cheese Burrito  
Refried Beans  
Pineapple Tidbits  
Milk

Breaded Mozzarella Sticks  
w/ Marinara Sauce  
Steamed Green Beans  
Banana  
Milk

Ham & Cheese Sandwich  
Baby Carrot  
Orange Smiles  
Milk

French Bread Pizza  
Broccoli Florets w/ Ranch  
Fresh Apple  
Milk

Chicken Tender & Waffles  
Smiley Fries  
Applesauce  
Milk

Turkey & Cheese on a Bun  
Cucumber Slices  
Sweet Pears  
Milk

Chicken Patty on a Bun  
Green Beans  
Banana  
Milk

Popcorn Chicken Bowl w/ Roll  
Mashed Potatoes  
Golden Corn  
Fresh Apple  
Milk

Cheese Pizza  
Baby Carrots  
Orange Smiles  
Milk

**Breakfast for Lunch:**  
Crispy French Toast Sticks  
Turkey Sausage  
Sweet Potatoes  
Applesauce  
Milk

Chicken Nuggets w/ Dinner Roll  
Crispy Fries  
Pineapple  
Milk

Grilled Cheese  
Broccoli Florets  
Banana  
Milk

Ham & Cheese on a Bun  
Baby Carrot  
Fresh Apple  
Milk

French Bread Pizza  
Celery Sticks  
Orange Smiles  
Milk

## Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

**Source:** <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.



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

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Breakfast Include Fresh Fruit, 100 % Fruit Juice and 1 % White Milk			1/2 Assorted Cereal Graham Crackers Fresh Fruit	1/3 Chocolate Chip Oatmeal Bar or Assorted Cereal
1/6 Assorted Cereal Graham Crackers Fresh Fruit	1/7 Chocolate Chip Muffin or Assorted Cereal Graham Crackers	1/8 Maple Mini Waffles or Assorted Cereal Graham Crackers	1/9 Strawberry Yogurt w/ Graham Crackers or Assorted Cereal Graham Crackers	1/10 Chocolate Chip Oatmeal Bar or Assorted Cereal Graham Crackers
1/13 Assorted Cereal Graham Crackers Fresh Fruit	1/14 Warm Apple Strudel or Assorted Cereal Graham Crackers	1/15 Banana Muffin or Assorted Cereal Graham Crackers	1/16 Strawberry Yogurt w/ Graham Crackers or Assorted Cereal Graham Crackers	1/17 Chocolate Chip Oatmeal Bar or Assorted Cereal Graham Crackers
1/20  School Closed	1/21 Chocolate Chip Muffin or Assorted Cereal Graham Crackers	1/22 Maple Mini Pancake or Assorted Cereal Graham Crackers	1/23 Strawberry Yogurt w/ Graham Crackers or Assorted Cereal Graham Crackers	1/24 Strawberry Pop Tart or Assorted Cereal Graham Crackers
1/27 Assorted Cereal Graham Crackers Fresh Fruit	1/28 Blueberry Muffin or Assorted Cereal Graham Crackers	1/29 Maple Mini Waffles or Assorted Cereal Graham Crackers	1/30 Strawberry Yogurt w/ Graham Crackers or Assorted Cereal Graham Crackers	1/31 Chocolate Chip Oatmeal Bar or Assorted Cereal Graham Crackers
2/3 Assorted Cereal Graham Crackers Fresh Fruit	2/4 Chocolate Chip Muffin or Assorted Cereal Graham Crackers	2/5 Warm Apple Strudel or Assorted Cereal Graham Crackers	2/6 Strawberry Yogurt w/ Graham Crackers or Assorted Cereal Graham Crackers	2/7 Strawberry Pop Tart or Assorted Cereal Graham Crackers

### Fresh Pick Recipe

#### BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.

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

**nutrislice**

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.