



# Long Branch Middle School

## SEPTEMBER 2019

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WELCOME BACK!</b>			5 <b>Twin Tacos w/ Rice</b> Cheese, Lettuce, Salsa. Southwest Black Beans	6 <b>General Tsao Chicken</b> Steamed Rice Stir Fried Vegetables
9 <b>French Toast Sticks</b> w/ Sausage & Sweet Potatoes	10 <b>Plain or Buffalo Style Chicken Nuggets</b> Smile Fries Soft Pretzel Stick	11 <b>Philly Style Cheesesteak</b> Sautéed Peppers & Onions Broccoli Dippers	12 <b>Build a Burrito Bowl</b> Chicken, Rice, Beans, Veggies, Assorted Toppings Roasted Corn	13 <b>Meatball Parm Sub</b> Roasted Garlic Herb Potatoes
16 <b>Grilled Cheese w/ Bacon</b> Tomato Soup Glazed Carrots	17 <b>Fresh Roasted Turkey w/ Gravy</b> Stuffing Steamed Corn	18 <b>Crispy Chicken BLT</b> Baked Fries Sautéed Garlic Spinach	19 <b>Chicken &amp; Cheese Taquitos w/ Salsa</b> Confetti Bean Salad	20 <b>Creamy Baked Chicken Alfredo</b> Fettuccini Pasta Broccoli Dinner Roll
23 <b>Teriyaki Beef &amp; Broccoli</b> Vegetable Fried Rice	24 <b>Cheese Stuffed Breadsticks</b> w/ Marinara Sauce Fresh Caesar Salad	25 <b>Pasta w/ Meat Sauce</b> Garlic Breadstick Roasted Broccoli	26 <b>Nacho Platter</b> Taco Meat, Cheese, Lettuce, Salsa, Olives. Rice & Beans	27 <b>Popcorn Chicken Bowl w/ Mashed Potatoes, Corn, Cheese, Gravy.</b> Dinner Roll
30 <b>Roasted BBQ Chicken</b> Corn Muffin Coleslaw	<b>OFFERED DAILY</b>			This Menu Is Subject To Change
Assorted Fresh Fruits & Vegetables, Specialty Made Salads, Assorted Low Fat & Skim Milks, 100% Fruit Juice.				

**REVOLVE**

### Grab & Go Salads & Wraps

**9/5-9/13:** Chicken Caesar Salad & Italian Sub.

**9/16-9/20:** Chef Salad & Buffalo Chicken Wrap.

**9/23-9/30:** Garden Salad w/ Cheese & Tuna Salad Wrap.

**THRIVE**

**HONOR ROLL**

**Monday:** Cheeseburger & Chicken Patty

**Tuesday:** Cheese or Pepperoni Pizza & Twin Hot Dog

**Wednesday:** Cheeseburger & Grilled Chicken Sandwich

**Thursday:** Ham & Cheese Pretzel Melt & Buffalo Chicken Patty

**Friday:** Philly Cheesesteak & Cheese or Pepperoni Pizza

**STACKS**

Assorted Deli Meats, Cheeses, & Salads served on Fresh Bread, Rolls, & Wraps.



This institution is an equal opportunity provider