



**Long Branch
Middle School
December 2022**

**EVERY DAY SELECTS
&
SUPER FOOD**

<p>Visit: SodexoMyWay for Nutrition Information & More https://longbranch ps.sodexomyway. com</p>	<p><u>Available Daily:</u> Triple Decker Peanut Butter & Jelly Sandwich</p>		<p>12/1 <u>Every Day Select</u> Grilled Ham & Cheese Sandwich <u>Super Food</u> Berry Patch Smoothie Buffalo Chicken Salad w/ Dinner Roll</p>	<p>12/2 <u>Every Day Select</u> Cheese, Pepperoni & Sausage Pizza <u>Super Food</u> Berry Patch Smoothie Buffalo Chicken Salad w/ Dinner Roll</p>
<p>12/5 <u>Every Day Select</u> Hamburger & Cheeseburger <u>Super Food</u> Tokyo Teriyaki Noodle Bowl Fruit & Yogurt Parfait</p>	<p>12/6 <u>Every Day Select</u> Cheese, Pepperoni & Sausage Pizza <u>Super Food</u> Tokyo Teriyaki Noodle Bowl Fruit & Yogurt Parfait</p>	<p>12/7 <u>Every Day Select</u> Chicken Patty on a Bun <u>Super Food</u> Tokyo Teriyaki Noodle Bowl Fruit & Yogurt Parfait</p>	<p>12/8 <u>Every Day Select</u> Grilled Cheese Sandwich <u>Super Food</u> Tokyo Teriyaki Noodle Bowl Fruit & Yogurt Parfait</p>	<p>12/9 <u>Every Day Select</u> Cheese, Pepperoni & Sausage Pizza <u>Super Food</u> Tokyo Teriyaki Noodle Bowl Fruit & Yogurt Parfait</p>
<p>12/12 <u>Every Day Select</u> Hamburger & Cheeseburger <u>Super Food</u> Turkey Cheddar Ranch Wrap Chicken Caesar Salad w/ Dinner Roll</p>	<p>12/13 <u>Every Day Select</u> Cheese, Pepperoni & Sausage Pizza <u>Super Food</u> Turkey Cheddar Ranch Wrap Chicken Caesar Salad w/ Dinner Roll</p>	<p>12/14 <u>Every Day Select</u> Spicy Chicken Patty on a Bun <u>Super Food</u> Turkey Cheddar Ranch Wrap Chicken Caesar Salad w/ Dinner Roll</p>	<p>12/15 <u>Every Day Select</u> Hamburger & Cheeseburger <u>Super Food</u> Turkey Cheddar Ranch Wrap Chicken Caesar Salad w/ Dinner Roll</p>	<p>12/16 <u>Every Day Select</u> Cheese, Pepperoni & Sausage Pizza <u>Super Food</u> Turkey Cheddar Ranch Wrap Chicken Caesar Salad w/ Dinner Roll</p>
<p>12/19 <u>Every Day Select</u> Grilled Ham & Cheese Sandwich <u>Super Food</u> Chef Salad w/ Roll Fruit & Yogurt Parfait</p>	<p>12/20 <u>Every Day Select</u> Cheese, Pepperoni & Sausage Pizza <u>Super Food</u> Chef Salad w/ Roll Fruit & Yogurt Parfait</p>	<p>12/21 <u>Every Day Select</u> Chicken Patty on a Bun <u>Super Food</u> Chef Salad w/ Roll Fruit & Yogurt Parfait</p>	<p>12/22 <u>Every Day Select</u> Hamburger & Cheeseburger <u>Super Food</u> Chef Salad w/ Roll Fruit & Yogurt Parfait</p>	<p>12/23 School Closed</p>
<p>12/26 School Closed</p>	<p>12/27 School Closed</p>	<p>12/28 School Closed</p>	<p>12/29 School Closed</p>	<p>12/30 School Closed</p>

SIDES OFFERED DAILY WITH LUNCH CHOICES

**Assorted Fresh Fruits and Vegetables, Assorted Low Fat and Skim Milk
Assorted 100% Fruit Juice**