



# Middle School January 2025

## EVERY DAY SELECTS & SUPER FOOD

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|--|--|---|--|--|
| <p><b>Served Daily</b><br/>Triple Decker Peanut Butter and Jelly Assorted Fruit Parfait</p> <p><b>Menu is subject to change</b></p>  | <p>For Nutrition information <a href="https://longbranch.nutrislice.com/menu">https://longbranch.nutrislice.com/menu</a></p>   | <p>1/1</p> <p><b>School Closed</b></p>  | <p>1/2<br/><b>Every Day Select</b><br/>Hamburger or Cheeseburger On a Bun w/ Fries<br/><b>Super Food</b><br/>Power UP Bento Box<br/>Chicken Caesar Salad w/ Roll<br/>Hummus &amp; Veggie Wrap</p>  | <p>1/3<br/><b>Every Day Select</b><br/>Cheese, Pepperoni &amp; Meat lovers Pizza<br/><b>Super Food</b><br/>Chip Dip Bento Box<br/>Hearty Garden Salad w/ Cheese &amp; Roll<br/>Chicken Caesar Wrap<br/><b>Falafel Sandwich</b></p> |
| <p>1/6<br/><b>Every Day Select</b><br/>Golden Grilled Cheese<br/>Crispy Fries<br/><b>Super Food</b><br/>Deli Stackable<br/>Bento Box<br/>Chef Salad w/ Roll<br/>Crispy Chicken Wrap</p>    | <p>1/7<br/><b>Every Day Select</b><br/>Cheese, Pepperoni &amp; Buffalo Chicken Pizza<br/><b>Super Food</b><br/>Healthy Hummus<br/>Bento Box<br/>Fiesta Garden Salad w/ Roll<br/>Chicken Caesar Wrap</p>  | <p>1/8<br/><b>Every Day Select</b><br/>Regular or Spicy Chicken Patty on a Bun w/ Fries<br/><b>Super Food</b><br/>Tokyo Teriyaki<br/>Noodle Bowl<br/>Crispy Chicken Salad w/ Roll<br/>Buffalo Chicken Wrap</p>  | <p>1/9<br/><b>Every Day Select</b><br/>Hamburger or Cheeseburger On a Bun w/ Fries<br/><b>Super Food</b><br/>Power UP Bento Box<br/>Chicken Caesar Salad w/ Roll<br/>Hummus &amp; Veggie Wrap</p>  | <p>1/10<br/><b>Every Day Select</b><br/>Cheese, Pepperoni &amp; Hawaiian Pizza<br/><b>Super Food</b><br/>Chip Dip Bento Box<br/>Hearty Garden Salad w/ Cheese &amp; Roll<br/>Chicken Caesar Wrap<br/>Falafel Sandwich</p>          |
| <p>1/13<br/><b>Every Day Select</b><br/>Crispy Chicken Sandwich<br/>Crispy Fries<br/><b>Super Food</b><br/>Deli Stackable<br/>Bento Box<br/>Chef Salad w/ Roll<br/>Crispy Chicken Wrap</p> | <p>1/14<br/><b>Every Day Select</b><br/>Cheese, Pepperoni &amp; Supreme Pizza<br/><b>Super Food</b><br/>Healthy Hummus<br/>Bento Box<br/>Fiesta Garden Salad w/ Roll<br/>Chicken Caesar Wrap</p>         | <p>1/15<br/><b>Every Day Select</b><br/>Regular or Spicy Chicken Patty on a Bun w/ Fries<br/><b>Super Food</b><br/>Tokyo Teriyaki<br/>Noodle Bowl<br/>Crispy Chicken Salad w/ Roll<br/>Buffalo Chicken Wrap</p> | <p>1/16<br/><b>Every Day Select</b><br/>Hamburger or Cheeseburger On a Bun w/ Fries<br/><b>Super Food</b><br/>Power UP Bento Box<br/>Chicken Caesar Salad w/ Roll<br/>Hummus &amp; Veggie Wrap</p> | <p>1/17<br/><b>Every Day Select</b><br/>Cheese, Pepperoni &amp; Meat lovers Pizza<br/><b>Super Food</b><br/>Chip Dip Bento Box<br/>Hearty Garden Salad w/ Cheese &amp; Roll<br/>Chicken Caesar Wrap<br/>Falafel Sandwich</p>       |
| <p>1/20<br/><b>School Closed</b></p>   | <p>1/21<br/><b>Every Day Select</b><br/>Cheese, Pepperoni &amp; Buffalo Chicken Pizza<br/><b>Super Food</b><br/>Healthy Hummus<br/>Bento Box<br/>Fiesta Garden Salad w/ Roll<br/>Chicken Caesar Wrap</p> | <p>1/22<br/><b>Every Day Select</b><br/>Regular or Spicy Chicken Patty on a Bun w/ Fries<br/><b>Super Food</b><br/>Tokyo Teriyaki<br/>Noodle Bowl<br/>Crispy Chicken Salad w/ Roll<br/>Buffalo Chicken Wrap</p> | <p>1/23<br/><b>Every Day Select</b><br/>Hamburger or Cheeseburger On a Bun w/ Fries<br/><b>Super Food</b><br/>Power UP Bento Box<br/>Chicken Caesar Salad w/ Roll<br/>Hummus &amp; Veggie Wrap</p> | <p>1/24<br/><b>Every Day Select</b><br/>Cheese, Pepperoni &amp; Hawaiian Pizza<br/><b>Super Food</b><br/>Chip Dip Bento Box<br/>Hearty Garden Salad w/ Cheese &amp; Roll<br/>Chicken Caesar Wrap<br/>Falafel Sandwich</p>          |
| <p>1/27<br/><b>Every Day Select</b><br/>Crispy Chicken Sandwich<br/>Crispy Fries<br/><b>Super Food</b><br/>Deli Stackable<br/>Bento Box<br/>Chef Salad w/ Roll<br/>Crispy Chicken Wrap</p> | <p>1/28<br/><b>Every Day Select</b><br/>Cheese, Pepperoni &amp; Supreme Pizza<br/><b>Super Food</b><br/>Healthy Hummus<br/>Bento Box<br/>Fiesta Garden Salad w/ Roll<br/>Chicken Caesar Wrap</p>         | <p>1/29<br/><b>Every Day Select</b><br/>Regular or Spicy Chicken Patty on a Bun w/ Fries<br/><b>Super Food</b><br/>Tokyo Teriyaki<br/>Noodle Bowl<br/>Crispy Chicken Salad w/ Roll<br/>Buffalo Chicken Wrap</p> | <p>1/30<br/><b>Every Day Select</b><br/>Hamburger or Cheeseburger On a Bun w/ Fries<br/><b>Super Food</b><br/>Power UP Bento Box<br/>Chicken Caesar Salad w/ Roll<br/>Hummus &amp; Veggie Wrap</p> | <p>1/31<br/><b>Every Day Select</b><br/>Cheese, Pepperoni &amp; Meat lovers Pizza<br/><b>Super Food</b><br/>Chip Dip Bento Box<br/>Hearty Garden Salad w/ Cheese &amp; Roll<br/>Chicken Caesar Wrap<br/>Falafel Sandwich</p>       |

### SIDES OFFERED DAILY WITH LUNCH CHOICES

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