



# Long Branch Middle School January 2020



**EVERYDAY CHOICES**  
Assorted Deli Meats, Cheeses And Salads Served On Freshly Baked Breads Rolls And Wraps

In A Hurry? Check Out Our Fast Takes Sandwiches Made Fresh Daily And Wrapped To Go

<p>Visit SodexoMyway for Nutrition information and more <a href="https://longbranchps.sodexomyway.com/">https://longbranchps.sodexomyway.com/</a></p>		<p><b>BREAKFAST IS OFFERED AT NO COST TO ALL STUDENTS</b></p>		<p>*Locally Sourced Fruits and Vegetables are offered upon availabilities</p>
<p>2/6 <b>Breakfast for Lunch:</b> Pancake w/ Sausage Patty Citrus Glazed Carrots Romaine Tossed Salad</p>	<p>2/7 <b>Triple Dipper Tuesday:</b> Chicken Nuggets, Pretzel Stick, Tater Tots Romaine Tossed Salad</p>	<p>2/8 Spaghetti &amp; Meatballs Dinner Roll Garlic Sautéed Spinach Romaine Tossed Salad</p>	<p>2/9 Build a Burrito Bowl Spanish Rice Homestyle Baked Beans</p>	<p>2/10 Popcorn Chicken Bowl w/ Mashed Potatoes. Corn &amp; Dinner Roll Romaine Tossed Salad</p>
<p>2/13 Cheesy Garlic Flatbread Sweet Potato Wedges Romaine Tossed Salad</p>	<p>2/14 <b>Triple Dipper Tuesday:</b> Buffalo Chicken Bites, Pretzel Nuggets, French Fries Romaine Tossed Salad</p>	<p>2/15 Penne Pasta W/ Italian Meat sauce Dinner Roll Steamed Broccoli Romaine Tossed Salad</p>	<p>2/16 Nachos Supreme w/ Meat, Cheese &amp; Salsa Southwest Black Beans Romaine Tossed Salad</p>	<p>2/17 Fish &amp; Chips In a Basket w/ Coleslaw Romaine Tossed Salad</p>
	<p>2/21 Beef Meatloaf w/ Mashed Potatoes, Corn &amp; Dinner Roll Spinach Tossed Salad</p>	<p>2/22 Old Fashioned Mac &amp; Cheese w/ Dinner Roll Steamed Broccoli &amp; Stewed Tomatoes Spinach Tossed Salad</p>	<p>2/23 Twin Tacos w/ Rice, Cheese, Lettuce &amp; Tomato Black Beans Spinach Tossed Salad</p>	<p>2/24 General Tso Chicken w/ Rice Teriyaki Green Beans Spinach Tossed Salad</p>
<p>2/27 <b>Breakfast for Lunch:</b> French Toast Sticks w/ Sausage Links Sweet Potato Fries Romaine Salad</p>	<p>2/28 <b>Triple Dipper Tuesday:</b> Boneless Chicken Bites, Pretzel Stick, Waffle Fries Romaine Tossed Salad</p>	<p>2/29 Orange Chicken w/ Rice Asian Style Broccoli Romaine Tossed Salad</p>	<p>2/30 Sizzling Chicken Fajitas w/ Toppings Vegetarian Refried Beans Roasted Chick Peas</p>	<p>2/31 Meatball Parm Sub Roasted Zucchini Romaine Tossed Salad</p>

**Grab & Go Salads & Wraps**

**Week of the 6th:** Garden Salad w/ Cheese & Chicken Caesar Wrap  
**Week of the 13th:** Chicken Caesar Salad & Tuna Sub  
**Week of the 21th:** Buffalo Chicken Salad & Turkey Club Wrap  
**Week of the 27th:** Chef Salad & Italian Sub  
**Triple Decker Peanut Butter Available Daily**

**Monday:** Cheeseburger/ Chicken Patty  
**Tuesday :** Cheese or Pepperoni Pizza / Twin Hot Dog  
**Wednesday:** Cheeseburger / Grilled Chicken Sandwich  
**Thursday:** Grilled Ham & Cheese Pretzel Melt/ Buffalo Chicken Patty  
**Friday:** Philadelphia Cheese Steak/ Cheese or Pepperoni Pizza

**SIDES OFFERED DAILY WITH LUNCH CHOICES**  
Assorted Fresh Fruits and Vegetables, Specialty Made Salads, Assorted Low Fat and Skim Milks  
Assorted 100% Fruit Juice  
House Made Soups offered Tuesdays and Thursdays