



Long Branch Middle School March 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

3/2 Breakfast for Lunch: French Toast Sticks w/ Sausage Links Sweet Potato Fries	3/3 Triple Dipper Tuesday: Boneless Chicken Bites, Pretzel Stick, Waffle Fries	3/4 Orange Chicken w/ Rice Asian Style Broccoli Romaine Tossed Salad	3/5 Sizzling Chicken Fajitas w/ Toppings Refried Beans	3/6 Meatball Parm Sub Italian Roasted Zucchini Romaine Tossed Salad
3/9 Texas Toast Grilled Cheese w/ Tomato Soup Roasted Parmesan Carrot Sticks	3/10 Hot Turkey Sub or Roasted Turkey w/ Stuffing, Gravy & Roll	3/11 Mac & Chicken Alfredo w/ Garlic Breadstick Roasted Broccoli	3/12 Chicken & Cheese Taqitos w/ Salsa Roasted Chickpeas	3/13 Chicken Tenders w/ Dinner Roll Parmesan Green Beans
3/16 Breakfast for Lunch: Fluffy Pancakes w/ Sausage Patty Citrus Glazed Carrots	3/17 Triple Dipper Tuesday: Chicken Nuggets, Pretzel Stick, Tater Tots Romaine Tossed Salad	3/18 Spaghetti & Meatballs Garlic Sautéed Spinach Romaine Tossed Salad	3/19 Build a Burrito Bowl Home-Style Baked Beans Romaine Tossed Salad	3/20 Popcorn Chicken Bowl, Mashed Potatoes, Corn & Dinner Roll
3/23 Cheesy Garlic Flatbread Sweet Potato Wedges Carrot Sticks & Celery Sticks	3/24 Homemade Meatloaf Mashed Potatoes & Gravy Golden Corn Dinner Roll	3/25 Penne Pasta w/ Italian Meat sauce Romaine Tossed Salad	3/26 Nachos Supreme w/ Meat, Cheese, & Salsa Southwest Black Beans	3/27 Fish & Chips Basket w/ Coleslaw Romaine Tossed Salad
3/30 Stuffed Breadsticks w/ Marinara Sauce Cinnamon Sweet Potatoes	3/31 Roasted Chicken in Basket w/ Buttermilk Biscuit Emoji Fries	*Locally Sourced Fruits and Vegetables are offered upon availabilities Menu subject to change	BREAKFAST IS OFFERED AT NO COST TO ALL STUDENTS	



Grab & Go Salads & Wraps

Week of the 2nd: Garden Salad w/
Cheese & Chicken Caesar Wrap
Week of the 9th: Chicken Caesar
Salad & Tuna Sub
Week of the 16th: Buffalo Chicken
Salad & Turkey Club Wrap
Week Of the 23rd: Chef Salad & Italian
Sub
Week of the 30th: Turkey BLT Salad &
Buffalo Chicken Wrap
Triple Decker Peanut Butter Available



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