



Long Branch Middle School January 2019



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

	BREAKFAST IS OFFERED AT NO COST TO ALL STUDENTS	1/2 Mac. & Chicken Alfredo Sauce & Garlic Breadstick Sautéed Spinach Kale Tuscan Salad	1/3 Baked Chicken & Waffles BBQ Baked Beans Roasted Squash & Peppers	1/4 Chicken Gyro Steamed Green Peas Mediterranean Tomato & Cucumber Salad
1/7 Egg & Cheese Bagel Sandwich Sweet Potato Wedges Romaine Tossed Salad	1/8 Triple Dipper Tuesday: Buffalo Chicken Bites Baked French Fries Pretzel Nuggets Sweet Steamed Corn	1/9 Rotini Pasta w/Italian Meat Sauce & Garlic Breadstick Sautéed Spinach Kale Tuscan Salad	1/10 Nachos Supreme Vegetarian Refried Beans Tomato & Black Bean Salsa	1/11 Fish & Chips Basket w/ Coleslaw Steamed Green Beans
1/14 Chili Cheese Loaded Tots w/Biscuit Honey Glazed Carrots Roasted Sweet Potato	1/15 Triple Dipper Tuesday: Popcorn Chicken, Breadstick, Potato Wedges Sweet Steamed Corn	1/16 Macaroni & Cheese with Dinner Roll Steamed Broccoli & Stewed Tomatoes Colorful Collards	1/17 Twin Tacos w/Spanish Rice Southwest Black Beans Spinach Tossed Salad	1/18 Sweet & Sour Chicken "Take out" with Rice Chinese Style Vegetables Mandarin Salad
1/21 Martin Luther King's Day School Closed	1/22 Crispy Chicken Bowl w/Mashed Potatoes & Gravy Golden Corn & Dinner Roll	1/23 Baked Ziti w/Garlic Breadsticks Steamed Broccoli Garden Tossed Salad	1/24 Chicken Fajita w/Toppings Seasoned Beans Tomato Salsa	1/25 South of the Border Fish Tacos Baked Latin Beans Mochamole
1/28 Chicken Tenders w/ Dinner Roll Cinnamon Sweet Potatoes Roasted Butternut Squash	1/29 Triple Dipper Tuesday: Chicken Bites, Pretzel Sticks Waffle Fries Sweet Steamed Corn	1/30 Roasted Turkey w/Gravy Dinner Roll Mashed Potatoes & Golden Corn	1/31 Chicken & Cheese Taquitos w/salsa Vegetarian Refried Beans Corn & Bean Salad	



Grab & Go Salads & Wraps

Week of the 2nd: Chicken Caesar Salad & Italian Sub
Week of the 7th: Buffalo Chicken Salad & Turkey Club Wrap

Week of the 14th: Chef Salad & Buffalo Chicken Wrap

Week of the 22th: Garden Salad w/ Cheese & Tuna Salad Wrap

Week of the 28th: Turkey BLT Salad & Chicken Caesar Wrap

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