



Long Branch Middle School March 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

*Locally Sourced Fruits and Vegetables are offered upon availabilities		BREAKFAST IS OFFERED AT NO COST TO ALL STUDENTS		3/1 South Of The Border Fish Tacos Baked Latin Beans Mockamole
3/4 French Toast Sticks Turkey Sausage Cinnamon Sweet Potatoes Spinach Tossed Salad	3/5 Triple Dipper Tuesday: Chicken Bites, Pretzel Sticks, Waffle Fries, Sweet Steamed Corn	3/6 Open Face Roasted Turkey on Wheat Bread, Mashed Potatoes, Gravy & Steamed Broccoli	3/7 PizzaBoli Steamed Green Beans Spinach Tossed Salad	3/8 Chicken and Cheese Taquitos w/ Salsa Vegetarian Refried Beans Corn & Bean Salad
3/11 Fluffy Pancakes Steamed Carrot Coins Roasted Squash & Red Peppers	3/12 Triple Dipper Tuesday: Chicken Nuggets, Pretzel Bites, Tator Tots and Chilled Sweet Corn	3/13 Alfredo Mac & Cheese w/ Garlic Bread Stick Steamed Broccoli Strawberry Kale Salad	3/14 Baked Chicken & Waffles BBQ Baked Beans Tomato & Corn Salsa	3/15 Pepperoni Pita Zone w/ Pasta Steamed Green Peas Cucumber Tomato Salad
3/18 Egg & Cheese Bagel Sandwich Sweet Potato Wedges Romaine Salad	3/19 Triple Dipper Tuesday: Buffalo Chicken Bites Baked French Fries Pretzel Nuggets Sweet Corn	3/20 Rotini Pasta w/ Italian Meat Sauce & Garlic Bread Stick Sautéed Spinach Roasted Vegetables	3/21 Nachos Supreme Vegetarian Refried Beans Tomato & Black Bean Salsa	3/22 Fish & Chips Basket w/ coleslaw Steamed Green Beans
3/25 Chili Cheese Loaded Tots w/ Biscuit Honey Glazed Carrots Spinach Tossed Salad	3/26 Triple Dipper Tuesday: Chicken Bites Pretzel Sticks Waffle fries Sweet Corn	3/27 Mac & Cheese w/ Dinner Roll Steamed Broccoli & Stewed Tomatoes Colorful Collards	3/28 Twin Tacos w/ Spanish Rice Southwest Black Beans Tossed Spinach Salad	3/29 Sweet & Sour Chicken w/ Rice and Chinese Style Vegetables Mandarin Salad



Grab & Go Salads & Wraps

Week of the 4th: Chicken Caesar Salad & Italian Sub

Week of the 11th: Buffalo Chicken Salad & Turkey Club Wrap

Week of the 18th: Chef Salad & Buffalo Chicken Wrap

Week Of the 25th: Garden Salad w/ Cheese & Tuna Salad 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