

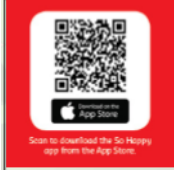



Long Branch Middle School May 2019



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

		5/1 Open Face Roast Turkey & Gravy, Potato Wedges Steamed Broccoli	5/2 Twin Tacos w/ Spanish Rice Southwest Black Beans Tossed Spinach Salad	5/3 Sweet & Sour Chicken w/ Rice Chinese Style Vegetables Mandarin Salad
5/6 French Toast Sticks Turkey Sausage Sweet Potatoes, Roasted Squash	5/7 Crispy Chicken Bowl Mashed Potatoes Gravy, Steamed Corn Dinner Roll	5/8 Chef Betty's Baked Ziti, Garlic Stick Steamed Broccoli Tossed Romaine Salad	5/9 Chicken Fajitas Onions & Peppers Spanish Rice Seasoned Beans	5/10 BBQ Pulled Pork or Turkey Sandwich Crispy Potatoes Coleslaw
5/13 Grilled Cheese w/ Tomato Soup Glazed Carrots Tossed Spinach Salad	5/14 Triple Dipper Tuesday Crispy Chicken Bites, Pretzel Sticks, Crispy Fries, Sweet Steamed Corn	5/15 Spaghetti & Meatballs w/ Dinner Roll Steamed Broccoli Spinach Kale Salad	5/16 Oven Roast Turkey W/ Potato & Gravy, Steamed Peas & Carrots Strawberry Kale salad	5/17 Turkey Corn Dog Steamed Green Beans Cucumber Tomato Salad
5/20 Fluffy Pancakes Turkey Sausage Sweet Potatoes Fries Romaine Salad	5/21 Triple Dipper Tuesday: Chicken Nuggets, Pretzel Bites, Potato Wedges Sweet Steamed Corn	5/22 Alfredo Mac & Cheese Garlic Bread Stick Steamed Broccoli Italian Three Beans Salad	5/23 Baked Chicken & Waffles BBQ Baked Beans Tossed Romaine Salad	5/24 Memorial Day Weekend! School Closed
5/27 Memorial Day Weekend! School Closed	5/28 Triple Dipper Tuesday Buffalo Chicken Bites Baked Crispy Fries Pretzel Nuggets Sweet Corn	5/29 Rotini Pasta w/ Italian Meat Sauce & Garlic Bread Stick Sautéed Spinach Roasted Vegetables	5/30 Nachos Supreme Vegetarian Refried Beans Tomato Salsa	5/31 Fish & Chips Basket w/ Coleslaw Steamed Green Beans

 **Grab & Go Salads & Wraps**

Week of the 1st: Chicken Caesar Salad & Italian Sub
Week of the 6th: Buffalo Chicken Salad & Turkey Club Wrap
Week of the 13th: Chef Salad & Buffalo Chicken Wrap
Week Of the 20th: Garden Salad w/ Cheese & Tuna Salad Wrap
Week of the 27th: 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