



# Long Branch Middle School November 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	<b>BREAKFAST IS OFFERED AT NO COST TO ALL STUDENTS</b>			11/1 Popcorn Chicken Bowl w/ Mashed Potatoes, Corn & Dinner Roll Romaine Tossed Salad
11/4 Cheesy Garlic Flatbread Sweet Potato Wedges Romaine Tossed Salad	11/5 Triple Dipper Tuesday: Buffalo Chicken Bites, Pretzel Nuggets, French Fries	11/6 Penne Pasta W/ Italian Meat sauce Steamed Broccoli Romaine Tossed Salad	11/7 <b>School Closed Teacher's Convention</b>	11/8 <b>School Closed Teacher's Convention</b>
11/11 Stuffed Breadsticks w/ Marinara Sauce Cinnamon Sweet Potatoes Spinach Tossed Salad	11/12 Roasted Chicken in Basket w/ Buttermilk Biscuit Smile Fries	11/13 Old Fashioned Mac & Cheese w/ Dinner Roll Steamed Broccoli & Stewed Tomatoes Spinach Tossed Salad	11/14 Twin Tacos w/ Rice, Cheese, Lettuce & Tomato Black Beans	11/15 General Tso Chicken w/ Rice Green Beans Spinach Tossed Salad
11/18 Breakfast for Lunch: French Toast Sticks w/ Sausage Links Sweet Potato Fries	11/19 Triple Dipper Tuesday: Boneless Chicken Bites, Pretzel Stick, Waffle Fries Romaine Tossed Salad	11/20 Orange Chicken w/ Rice Asian Style Broccoli Romaine Tossed Salad	11/21 Sizzlin' Fajitas w/ Toppings (Beef or Chicken) Vegetarian Refried Beans	11/22 Meatball Parm Sub Roasted Zucchini Romaine Tossed Salad
11/25 Texas Toast Grilled Cheese w/ Tomato Soup Roasted Carrot Sticks	11/26 Roasted Turkey w/ Stuffing, Gravy & Dinner Roll Spinach Tossed Salad	11/27 Mac & Chicken Alfredo w/ Garlic Breadstick Roasted Broccoli	11/28 <b>Happy Thanksgiving!</b>	11/29 <b>School Closed</b>



### Grab & Go Salads & Wraps

***Week of the 1st: Turkey BLT Salad & Chicken Caesar Wrap***

***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