



Long Branch Middle School October 2025

DELI BAR

Assorted Deli Meats, Cheeses and
Toppings Made to Order on Freshly
Baked Breads, Rolls and Wraps

		10/1 Nacho Bar: (Tinga Chicken or Seasoned Beef) Cilantro Lime Rice Baked Black Beans	10/2 Southern Chicken & Waffles Blue Ribbon Slaw Roasted Garlic Broccoli	10/3 Homestyle Meatloaf w/Gravy & Biscuit Mashed Potatoes Steamed Corn
10/6 <u>National Noodle Day!</u> Pumpkin Penne Alfredo Spinach and Mushrooms	10/7 Korean BBQ Chicken Brown Rice Bowl Soy Roasted Broccoli	10/8 BBQ Chicken Low Country Green Beans Baked Beans Cheesy Breadstick	10/9 Pasta Bar Penne Marinara Italian Meatballs Broccoli and Peppers	10/10 Breakfast for Lunch French Toast Sticks Whole Grain Biscuit Sausage Links Tater Tots
10/13 <u>School Closed Columbus Day</u>	10/14 BBQ Pulled Pork Sandwich Baked Beans Crispy Fries	10/15 Beef Tacos Salsa Roja Black Beans Mexican Zucchini	10/16 Shredded Turkey Banh Mi Sandwich Soy Roasted Potatoes Garlic Broccoli	10/17 Mac and Cheese Bar With Pulled Pork Or Fiesta Beef Parmesan Green Beans
10/20 <u>National Chicken and Waffle Day!</u> Chicken & Waffles Blue Ribbon Slaw Roasted Garlic Broccoli	10/21 Chicken Teriyaki Rice Bowl Asian Vegetables	10/22 Featured Recipe Pumpkin Penne Alfredo Spinach and Mushrooms	10/23 Beef and Bean Burrito Brown Rice Black Beans Cumin Roasted Butternut Squash	10/24 Boneless Wing Bar Whole Grain Biscuit Celery and Carrot Sticks
10/27 Chicken Tenders Warm Breadstick Crinkle Fries Cider Glazed Carrots	10/28 Black Bean and Chicken Chilaquiles Cilantro Brown Rice Black Beans	10/29 Orange Chicken Fried Rice Roasted Broccoli	10/30 Featured Recipe Pumpkin Penne Alfredo Spinach and Mushrooms	10/31 Taco Tatchos Whole Grain Biscuit Taco Beef Cheese Sauce Roasted Broccoli

SIDES OFFERED DAILY WITH LUNCH CHOICES

Assorted Fresh Fruits and Vegetables, Assorted Low Fat and Skim Milk
Assorted 100% Fruit Juice

SAUCE IT UP!

Assorted Specialty Sauces to Enhance Menu Selections