

Long Branch Preschool Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

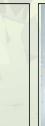
THURSDAY

2

9

FRIDAY

Mondays



7

Visit SodexoMyway for Nutrition information and more https://longbranch ps.sodexomyway.com/

All lunches served with choice of milk: 1%, Fat Free

6

Breakfast for Lunch Fluffy Golden Pancakes Turkey Sausage Patties Cinnamon Sweet Potatoes Sweet Applesauce Milk

Chicken Patty on a Bun Fresh Apple

Spaghetti & Meatballs Dinner Roll Roasted Broccoli **Diced Pears** Milk

Chicken & Waffles Sweet Carrot Coins Banana Milk

French Bread Pizza Green Peppers w/ Dip Pineapple Tidbits Milk

13

Green Wave Burger Sweet Potato Wedges Sweet Applesauce Milk

14

Poppin' Popcorn Chicken with Dinner Roll Baked French Fries Pineapple Milk

Tater Tots

Milk

15

8

Meatballs Sub Sautéed Spinach Sweet Peaches Milk

16

Wave-able Bento Box Deli Turkey & Cheese Cubes Goldfish Crackers **Baby Carrots** Apple Slices Milk

17

10

Cheese Pizza Cucumber Slices Orange Smiles Milk



21

Chicken Patty on a Bun Waffle Fries Diced Pears

22

Old Fashioned Mac & Cheese with Dinner Roll Steamed Broccoli Orange Slices

23

Ham & Cheese on a Bun Baby Carrots Banana

24

French Bread Pizza Green Bean Salad Pineapple

Complimentary Breakfast Served Daily

27

Breakfast for Lunch French Toast Sticks with Sausage Links Sweet Potato Fries Sweet Applesauce

28

Chicken Nuggets with Dinner Roll Emoji Fries Fresh Apple

29

Butter Pasta & Meatballs Dinner Roll Broccoli Florets with Dip **Diced Pears** Milk

30

Homemade Meatloaf w/ Gravy Mashed Potatoes & Sweet Peas Banana Milk

31

Cheese Pizza Celery Sticks Pineapple Milk

Menu subject to change

This institution is an equal opportunity provider.

Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

Source: https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Multi Grain Cherrios Fruit Punch Milk	Mini Carnival Pancakes Grape Juice Milk	Mini Bagel with Cream Cheese Pineapple Juice Milk	Yogurt Graham Crackers Orange Juice Milk	Banana Muffin Apple Juice Milk
Cinnamon Toast Crunch Cereal Fruit Punch Milk	Mini Waffles Grape Juice Milk	Blueberry Muffin Pineapple Juice Milk	Yogurt Graham Crackers Orange Juice Milk	Cinnamon Toast Crunch Cereal Apple Juice Milk
School Closed	Mini Carnival Pancakes Grape Juice Milk	Mini Bagel with Cream Cheese Pineapple Juice Milk	Yogurt Graham Crackers Orange Juice Milk	Banana Muffin Apple Juice Milk
Multi Grain Cherrios Fruit Punch Milk	Mini Waffles Grape Juice Milk	Blueberry Muffin Pineapple Juice Milk	Yogurt Graham Crackers Orange Juice Milk	Cinnamon Toast Crunch Cereal Apple Juice Milk

Fresh Pick Recipe

BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
- 1 cup Chicken broth
- 1 Onion (sliced in wedges)
- 1 T Olive oil
- 1-2 t dried sage(can substitute with fresh)
- · Salt and pepper to taste
- 3 cups Grapes
- 1. Prepare all ingredients as directed.
- 2. Preheat oven to 400 degrees.
- Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
- Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
- 5. Place in oven for 20 minutes.
- 6. Remove from oven and add the grapes to the pan.
- 7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
- 8. Serve with rice.



Make checks payable to: Long Branch Board of Education 5 Lunches --- 10 Lunches --- 20 Lunches --- 25 Lunches \$10.00-----\$20.00------\$40.00------\$50.00

Questions? Comments? Please Contact Nawal Maroun Food Service Director Nawal.maroun@sodexo.com (732) 571-0544

