

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



2
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

7
Chicken Patty on a Bun
Tater Tots
Fresh Apple
Milk

8
Spaghetti & Meatballs
Dinner Roll
Roasted Broccoli
Diced Pears
Milk

9
Chicken & Waffles
Sweet Carrot Coins
Banana
Milk

10
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

15
Meatballs Sub
Sautéed Spinach
Sweet Peaches
Milk

16
Wave-able Bento Box
Deli Turkey & Cheese Cubes
Goldfish Crackers
Baby Carrots
Apple Slices
Milk

17
Cheese Pizza
Cucumber Slices
Orange Smiles
Milk



21
Chicken Patty on a Bun
Waffle Fries
Diced Pears
Milk

22
Old Fashioned Mac & Cheese
with Dinner Roll
Steamed Broccoli
Orange Slices
Milk

23
Ham & Cheese on a Bun
Baby Carrots
Banana
Milk

24
French Bread Pizza
Green Bean Salad
Pineapple
Milk

Complimentary Breakfast Served Daily

27
Breakfast for Lunch
French Toast Sticks
with Sausage Links
Sweet Potato Fries
Sweet Applesauce
Milk

28
Chicken Nuggets with Dinner Roll
Emoji Fries
Fresh Apple
Milk

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

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 Cheerios 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 Cheerios 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.
3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
4. 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

Nutrition Information is available upon request.

