

MONDAY



TUESDAY

Available Daily Upon Request
Deli Sandwiches
Lactaid Milk

WEDNESDAY

Due to nationwide product and ingredient shortages, menus are subject to change based on product availability

THURSDAY

1
****EAT A RED APPLE DAY****
Chicken Parm Sandwich
Roasted Chickpeas
Red Apple
Milk

FRIDAY

2
Cheese Pizza
Celery Sticks
Pineapple Tidbits
Milk

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

5

Macaroni & Cheese
with Dinner Roll
Green Beans
Applesauce
Milk

6

Breakfast for Lunch:
French Toast Sticks with Turkey Sausage
Cinnamon Sweet Potatoes
Sweet Peaches
Milk

7

Deli Stackable Bento Box
Apple Slices
Milk

8

Hamburger on a Bun
Baked French Fries
Banana
Milk

9

Cheese Pizza
Baby Carrots
Orange Smiles
Milk

12

Golden Grilled Cheese
Cucumber Coins
Applesauce
Milk

13

Chicken Nuggets
w/ Dinner Roll
Baked French Fries
Banana
Milk

14

Homestyle Baked Ziti
with Garlic Breadstick
Glazed Carrots
Pears
Milk

15

Turkey & Cheese on a Bun
Broccoli Dippers
Sweet Peaches
Milk

16

French Bread Pizza
Cucumber Slices
Pineapple Tidbits
Milk

19

Egg & Muffin Bento Box
Pear
Milk

20

Soft Tacos
with Meat, Cheese
Sweet Corn
Apple
Milk

21

Chicken Nuggets
with Dinner Roll
Crispy Tots
Orange Smiles
Milk

22

Cheese Pizza
Celery Sticks
Pineapple Tidbits
Milk

23

NO SCHOOL
WINTER RECESS

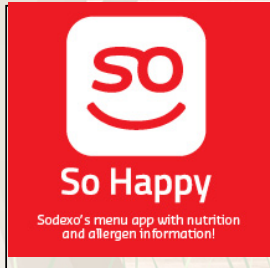
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Visit:
SodexoMyWay
for Nutrition
Information and More

<https://longbranch.ps.sodexomyway.com>

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NO SCHOOL
WINTER RECESS



29

NO SCHOOL
WINTER RECESS



*Locally Sourced Fruits and Vegetables are offered upon

Supporting Achievement

Students achieve their best when they are attentive and ready to learn. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to: 5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter, is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to consuming 5 servings of fruits and vegetables daily. In addition, substituting water with flavor-infused fruit instead of soda or other sweetened beverages not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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.liftoffisplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Blueberry Muffin Apple Juice Milk	2 Yogurt with Graham Crackers Orange Juice Milk
5 Cheerios Cereal Bowl Orange Juice Milk	6 Breakfast Burrito Apple Juice Milk	7 Blueberry Muffin Orange Juice Milk	8 Mini Pancake Apple Juice Milk	9 Yogurt with Graham Crackers Grape Juice Milk
12 Cinnamon Toast Crunch Cereal Orange Juice Milk	13 Banana Muffin Apple Juice Milk	14 Breakfast Burrito Orange Juice Milk	15 Mini Waffles Apple Slices Milk	16 Yogurt with Graham Crackers Orange Juice Milk
19 Chocolate Chip Muffin Orange Juice Milk	20 Multi Grain Cheerios Apple Juice Milk	21 Mini Pancakes Orange Juice Milk	22 Yogurt with Graham Crackers Apple Juice Milk	SCHOOL CLOSED
SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED

Fresh Pick Recipe

WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

NUTRITION FACTS:
13 calories, .08g fat,
5mg sodium, .65g fiber



So Happy

Sodexo's menu app with nutrition and allergen information!

Due to nationwide product and ingredient shortages, menus are subject to change based on product availability. Although menus may change, our teams are working hard to ensure that students still have access to a variety of well-balanced and healthy meal options.

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

Nutrition Information is available upon request.

