

MONDAY

2

DR. DEUSS'S A B C

French Toast Sticks
with Sausage Links
Sweet Potato Fries
Diced Pears
Milk

TUESDAY

3

HOP ON

Popcorn Chicken
with Dinner Roll
Emoji Fries
Apple
Milk

WEDNESDAY

4

ARE YOU MY

Philly Cheesesteak
Broccoli
Sweet Peaches
Milk

THURSDAY

5

Oh The PLACES YOU'LL GO

Homemade Meatloaf w/ Gravy
Mashed Potatoes & Bean Salad
Banana
Milk

FRIDAY

6

CAT IN THE HAT

French Bread Pizza
Roasted Zucchini
Pineapple Tidbits
Milk

HAPPY BIRTHDAY DR. SEUSS!

9

Pretzel Cheeseburger
Steamed Carrot Coins
Sweet Applesauce
Milk

10

Crispy Chicken Bowl
with Mashed Potatoes
& Corn
Orange Smiles
Milk

11

Mozzarella Sticks
with Marinara Sauce
Garlic Sauteed Spinach
Sweet Peaches
Milk

12

Turkey & Cheese Sandwich
Three Beans Salad
Banana
Milk

13

Cheese Pizza
Green Pepper Strips
Pears
Milk

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

16

BREAKFAST FOR LUNCH:

Fluffy Pancakes
with Sausage Patty
Cinnamon Sweet Potatoes
Sweet Applesauce
Milk

17

Chicken Tenders
with Dinner Roll
Tater Tots
Orange Smiles
Milk

18

Pizza Bagels
Roasted Broccoli
Sweet Peaches
Milk

19

Cheese Quesadilla with Salsa
Homestyle Baked Beans
Banana
Milk

20

French Bread Pizza
Parmesan Green Beans
Pineapple Tidbits
Milk

Menu Subject to Change

23

Green Wave Burger
Sweet Potato Wedges
Sweet Applesauce
Milk

24

Chicken Nuggets
with Dinner Roll
Baked French Fries
Pineapple
Milk

25

Meatballs over Buttered Noodles
Dinner Roll
Steamed Broccoli
Sweet Peaches
Milk

26

Ham & Cheese Sandwich
Three Bean Salad
Banana
Milk

27

Cheese Pizza
Cucumber Coins
Pears
Milk

Complimentary Breakfast Served Daily

30

Stuffed Breadstick
with Marinara Sauce
Citrus Glazed Carrots
Sweet Applesauce
Milk

31

Chicken Patty on a Bun
Waffle Fries
Pineapple
Milk

National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.



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
2 Multi Grain Cheerios Fruit Punch Milk	3 Mini Carnival Pancakes Grape Juice Milk	4 Mini Bagel with Cream Cheese Pineapple Juice Milk	5 Yogurt Graham Crackers Orange Juice Milk	6 Banana Muffin Apple Juice Milk
9 Multi Grain Cheerios Fruit Punch Milk	10 Mini Waffles Grape Juice Milk	11 Blueberry Muffin Pineapple Juice Milk	12 Yogurt Graham Crackers Orange Juice Milk	13 Cinnamon Toast Crunch Cereal Apple Juice Milk
16 Multi Grain Cheerios Fruit Punch Milk	17 Mini Carnival Pancakes Grape Juice Milk	18 Mini Bagel with Cream Cheese Pineapple Juice Milk	19 Yogurt Graham Crackers Orange Juice Milk	20 Banana Muffin Apple Juice Milk
23 Multi Grain Cheerios Fruit Punch Milk	24 Mini Waffles Grape Juice Milk	25 Blueberry Muffin Pineapple Juice Milk	26 Yogurt Graham Crackers Orange Juice Milk	27 Cinnamon Toast Crunch Cereal Apple Juice Milk
30 Multi Grain Cheerios Fruit Punch Milk	31 Mini Carnival Pancakes Grape Juice Milk		Menu Subject to Change	

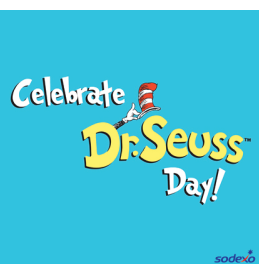
Fresh Pick Recipe

ORANGE SALAD WITH GINGER DRESSING (SERVES 16)

- 1 cup mandarin oranges in light syrup
- 1 tablespoon green onion (chopped)
- 1/4 cup frozen orange juice
- 1 tablespoon canola/olive oil blend
- 1 teaspoon ginger (ground)
- 1/2 teaspoon garlic powder
- 1 teaspoon parsley (dried)
- 3 cups fresh spinach
- 3 cups romaine lettuce

1. Drain oranges.
2. Slice onion on bias.
3. Whisk orange juice, oil, ginger, garlic and parsley. Blend well.
4. In serving pan, mix spinach and lettuce.
5. Right before service, toss lettuce mixture with dressing.
6. Garnish salad with oranges and onions.

NUTRITION FACTS:
24 calories, 1g fat,
7mg sodium, 1g fiber



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
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Nutrition Information is available upon request.