



Long Branch Preschool Menu

MAR/APR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
<p>Chicken Quesadilla Sweet Potato Fries Apple Slices Milk</p>	<p>Beef & Cheese Burrito Spanish Rice Sweet Pineapple Tidbits Milk</p>	<p>Chicken Patty on a Bun Green Beans Banana Milk</p>	<p>Ham & Cheese Sandwich Baby Carrot Orange Smiles Milk</p>	<p>French Bread Pizza Romaine Tossed Salad Fresh Apple Milk</p>
10	11	12	13	14
<p>Chicken Tender & Waffles Smiley Fries Sweet Applesauce Milk</p>	<p>Turkey & Cheese on a Bun Cucumber Slices Sweet Pears Milk</p>	<p>Stuffed Breadstick w/ Marinara Sauce Parmesan Green Beans Banana Milk</p>	<p>Popcorn Chicken Bowl w/ Biscuit Mashed Potatoes Golden Corn Fresh Apple Milk</p>	<p>Cheese Pizza Baby Carrots Orange Smiles Milk</p>
17	18	19	20	21
<p>Breakfast for Lunch: Crispy French Toast Sticks Turkey Sausage Candied Sweet Potatoes Applesauce Milk</p>	<p>Chicken Nuggets w/ Dinner Roll Crispy Fries Pineapple Milk</p>	<p>Golden Grilled Cheese Tator Tots Banana Milk</p>	<p>Frozen Themed Lunch: Kristoff's Savory Swedish Meatballs w/ Mashed Potatoes Olaf Noses: Carrot Sticks Fresh Apple Milk</p>	<p>Cheese Pizza Celery Sticks Orange Smiles Milk</p>
24	25	26	27	28
<p>Chicken Patty on a Bun Sweet Potato Fries Apple Slices Milk</p>	<p>Beef Taco Totcho w/ Dinner Roll Romaine Salad Salsa Sweet Pears Milk</p>	<p>Spaghetti w/ Meatballs Italian Green Beans Banana Milk</p>	<p>Cheeseburger on a Bun Crispy Fries Fresh Apple Milk</p>	<p>French Bread Pizza Baby Carrot Orange Smiles Milk</p>
31	1	2	3	4
<p>Breakfast for Lunch: Cheese Omelet Platter w/ Biscuit Crispy Baked French Fries Apple Slices Milk</p>	<p>Alfredo Mac Garlic Bread Steamed Broccoli Sweet Applesauce Milk</p>	<p>Turkey & Cheese on a Bun Cucumber Slices Sweet Peaches Milk</p>	<p>Chicken Nuggets Dinner Roll Crispy Fries Fresh Apple Milk</p>	<p>Cheese Pizza Baby Carrots Orange Wedges Milk</p>
7	8	9	10	11
<p>Chicken Nuggets w/ Dinner Roll Sweet Potato Fries Apple Slices Milk</p>	<p>Macaroni & Cheese Parmesan Green Beans Sweet Pineapple Milk</p>	<p>Breakfast for Lunch: Golden Pancake w/ Turkey Sausage Tator Tots Banana Milk</p>	<p>Cheeseburger on a Bun Steamed Broccoli Sweet Pears Milk</p>	<p>Cheese Pizza Baby Carrot Orange Smiles Milk</p>

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.

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/3 Cinnamon Toast Cereal 100% Orange Juice Milk	3/4 Blueberry Waffle 100% Apple Juice Milk	3/5 Strawberry Yogurt Graham Crackers 100% Fruit Juice Milk	3/6 Banana Muffin 100% Orange Juice Milk	3/7 Trix Cereal 100% Apple Juice Milk
3/10 Cinnamon Toast Cereal 100% Orange Juice Milk	3/11 Banana Muffin 100% Apple Juice Milk	3/12 Strawberry Yogurt Graham Crackers 100% Fruit Juice Milk	3/13 Maple Mini Pancake 100% Orange Juice Milk	3/14 Chocolate Chip Mini Loaf 100% Apple Juice Milk
3/17 Trix Cereal 100% Orange Juice Milk	3/18 Blueberry Waffle 100% Apple Juice Milk	3/19 Strawberry Yogurt Graham Crackers 100% Fruit Juice Milk	3/20 Strawberry Filled Bagel 100% Orange Juice Milk	3/21 Blueberry Muffin 100% Apple Juice Milk
3/24 Cinnamon Toast Cereal 100% Orange Juice Milk	3/25 Banana Muffin 100% Apple Juice Milk	3/26 Strawberry Yogurt Graham Crackers 100% Fruit Juice Milk	3/27 Maple Mini Pancakes 100% Orange Juice Milk	3/28 Apple Cinnamon Muffin 100% Apple Juice Milk
3/31 Cinnamon Toast Cereal 100% Orange Juice Milk	4/1 Banana Muffin 100% Apple Juice Milk	4/2 Strawberry Yogurt Graham Crackers 100% Fruit Juice Milk	4/3 Strawberry Filled Bagel 100% Apple Juice Milk	4/4 Trix Cereal 100% Apple Juice Milk
4/7 Cinnamon Toast Cereal 100% Orange Juice Milk	4/8 Chocolate Chip Muffin 100% Apple Juice Milk	4/9 Strawberry Yogurt Graham Crackers 100% Fruit Juice Milk	4/10 Mini French Toast 100% Orange Juice Milk	4/11 Trix Cereal 100% Apple Juice Milk

Fresh Pick Recipe

RICE WITH LEMONY CUCUMBER SAUCE

- 2 cup Rice (preferably brown/cooked according to package directions)
- 1 ½ cup Plain yogurt (non fat)
- 1 cup Cucumber (medium dice)
- 1 T Lemon Juice
- ½ t Lemon zest
- 2 t dry mint
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In a small bowl add the yogurt, cucumber, lemon juice, zest, mint and salt and pepper to taste.
3. Serve rice with a healthy portion of the sauce on the side.

Sodexo Proudly support clean, sustainable agriculture, and we purchase local whenever possible and seasonally available



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.