

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

3

Chicken Quesadilla  
Sweet Potato Fries  
Apple Slices  
Milk

4

Beef & Cheese Burrito  
Spanish Rice  
Sweet Pineapple Tidbits  
Milk

5

Chicken Patty on a Bun  
Green Beans  
Banana  
Milk

6

Ham & Cheese Sandwich  
Baby Carrot  
Orange Smiles  
Milk

7

French Bread Pizza  
Romaine Tossed Salad  
Fresh Apple  
Milk

10

Chicken Tender & Waffles  
Smiley Fries  
Sweet Applesauce  
Milk

11

Turkey & Cheese on a Bun  
Cucumber Slices  
Sweet Pears  
Milk

12

Stuffed Breadstick w/  
Marinara Sauce  
Parmesan Green Beans  
Banana  
Milk

13

Popcorn Chicken Bowl w/ Biscuit  
Mashed Potatoes  
Golden Corn  
Fresh Apple  
Milk

14

Cheese Pizza  
Baby Carrots  
Orange Smiles  
Milk

17

**Breakfast for Lunch:**  
Crispy French Toast Sticks  
Turkey Sausage  
Candied Sweet Potatoes  
Applesauce  
Milk

18

Chicken Nuggets w/ Dinner Roll  
Crispy Fries  
Pineapple  
Milk

19

Golden Grilled Cheese  
Tator Tots  
Banana  
Milk

20

**Frozen Themed Lunch:**  
Kristoff's Savory Swedish Meatballs  
w/ Mashed Potatoes  
Olaf Noses: Carrot Sticks  
Fresh Apple  
Milk

21

Cheese Pizza  
Celery Sticks  
Orange Smiles  
Milk

24

Chicken Patty on a Bun  
Sweet Potato Fries  
Apple Slices  
Milk

25

Beef Taco Totcho  
w/ Dinner Roll  
Romaine Salad  
Salsa  
Sweet Pears  
Milk

26

Spaghetti w/ Meatballs  
Italian Green Beans  
Banana  
Milk

27

Cheeseburger on a Bun  
Crispy Fries  
Fresh Apple  
Milk

28

French Bread Pizza  
Baby Carrot  
Orange Smiles  
Milk

31

**Breakfast for Lunch:**  
Cheese Omelet Platter w/ Biscuit  
Crispy Baked French Fries  
Apple Slices  
Milk

1

Alfredo Mac  
Garlic Bread  
Steamed Broccoli  
Sweet Applesauce  
Milk

2

Turkey & Cheese on a Bun  
Cucumber Slices  
Sweet Peaches  
Milk

3

Chicken Nuggets  
Dinner Roll  
Crispy Fries  
Fresh Apple  
Milk

4

Cheese Pizza  
Baby Carrots  
Orange Wedges  
Milk

7

Chicken Nuggets  
w/ Dinner Roll  
Sweet Potato Fries  
Apple Slices  
Milk

8

Macaroni & Cheese  
Parmesan Green Beans  
Sweet Pineapple  
Milk

9

**Breakfast for Lunch:**  
Golden Pancake w/  
Turkey Sausage  
Tator Tots  
Banana  
Milk

10

Cheeseburger on a Bun  
Steamed Broccoli  
Sweet Pears  
Milk

11

Cheese Pizza  
Baby Carrot  
Orange Smiles  
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.

### 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.