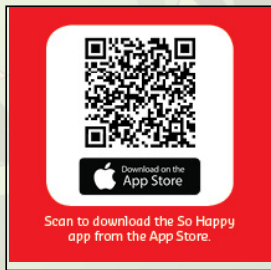


### MONDAY

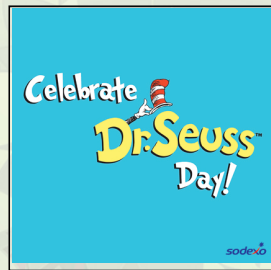


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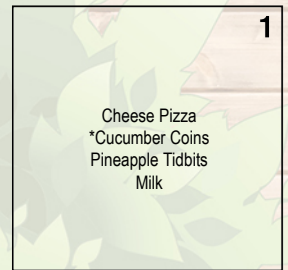


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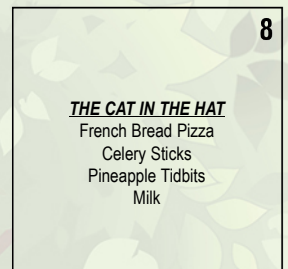
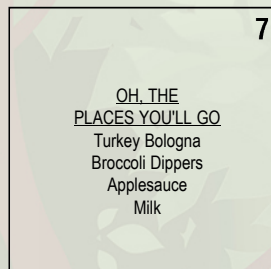
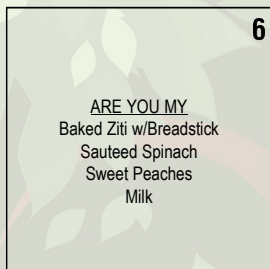
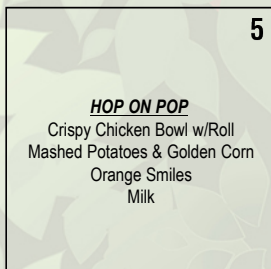
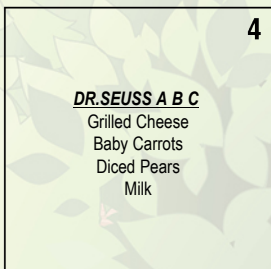
### THURSDAY



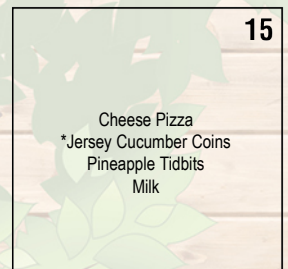
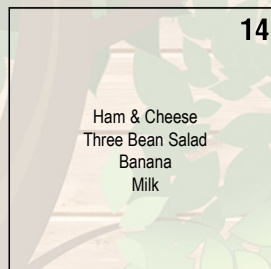
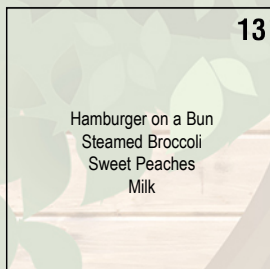
### FRIDAY



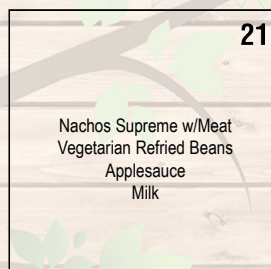
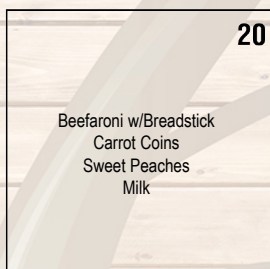
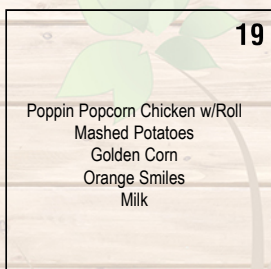
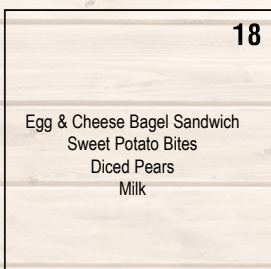
All lunches served with choice of milk: 1%, Fat Free, Fat Free



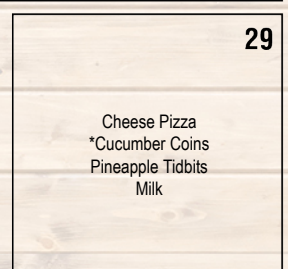
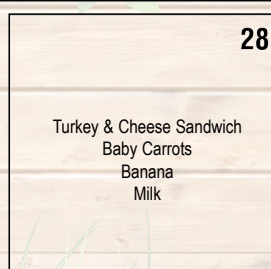
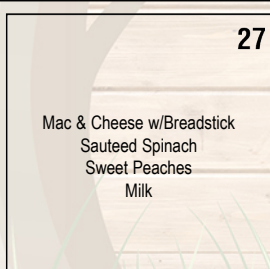
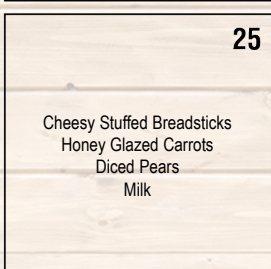
Join us for lunch on March 7th to celebrate Dr. Seuss Week and enjoy Chocolate Pudding with Lunch



\*Locally Sourced Fruits and Vegetables are offered upon availabilities



Menu is subject to change.





## National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Taking time to sit down together for meals at home may be tough, but it's critically important for creating these lasting food experiences where we are teaching children to pause for a moment and truly enjoy their food. Impulsive eating that leads to over consumption of empty calories is not the path towards a healthy future and can lead to unwanted weight gain. Take time to share food traditions with children and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines for Americans and MyPlate recommendations can help you plan healthy meals for your family. Check out these resources at [www.choosemyplate.gov](http://www.choosemyplate.gov).



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](http://www.liftoffisplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cinnamon Toast Cereal Apple Juice Milk
4 Multi Grain Cheerios Fruit Punch Milk	5 Blueberry Muffin Grape Juice Milk	6 Choc. Chip Mini Pancake Pineapple Juice Milk	7 Yogurt Graham Crackers Orange Juice Milk	8 Blueberry Muffin Apple Juice Milk
11 Multigrain Cheerios Fruit Punch Milk	12 Banana Muffin Grape Juice Milk	13 Cinnamon Toast Crunch Pineapple Juice Milk	14 Yogurt Graham Crackers Orange Juice Milk	15 Mini French Toast Apple Juice Milk
18 Cheerios Cereal Fruit Punch Milk	19 Blueberry Muffin Grape Juice Milk	20 Mini Waffles Pineapple Juice Milk	21 Yogurt Graham Crackers Orange Juice Milk	22 Cinnamon Toast Cereal Apple Juice Milk
25 Multigrain Cheerios Cereal Fruit Punch Milk	26 Banana Muffin Grape Juice Milk	27 Mini Bagel w/Cream Cheese Pineapple Juice Milk	28 Yogurt Graham Crackers Orange Juice Milk	29 Cinnamon Toast Cereal Apple Juice Milk

### Fresh Pick Recipe

#### MUSHROOMS AND SNAP PEAS (SERVES 4)

- 3 cups raw mushrooms (pieces)
- 1 tablespoon canola/olive oil blend
- 1/2 tablespoon low sodium soy sauce
- 1 tablespoon frozen lemon juice (unsweetened)
- 3 cups frozen peas (cooked)

1. Slice mushrooms 1/2".
2. In a non-reactive bowl, whisk together oil, soy sauce and lemon juice.
3. Combine mushrooms and peas with dressing.

**NUTRITION FACTS:**  
138 calories, 4g fat,  
161mg sodium, 7g fiber



### Pre-Paid Lunch. One form per child

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.

