

MONDAY



TUESDAY



WEDNESDAY

Menu Subject to Change

THURSDAY



FRIDAY

1
French Bread Pizza
Cucumber Slices
Pineapple
Milk



4
Green Wave Burger
Sweet Potato Wedges
Sweet Applesauce
Milk

5
Poppin' Popcorn Chicken
with Dinner Roll
Baked French Fries
Pineapple
Milk

6
Butter Pasta & Meatballs
Dinner Roll
Sautéed Spinach
Sweet Peaches
Milk

7
NJEA Convention-
School Closed

8
NJEA Convention-
School Closed

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

11
Stuffed Breadsticks
with Marinara Sauce
Glazed Carrots
Applesauce
Milk

12
Chicken Patty on a Bun
Waffle Fries
Orange Slices
Milk

13
Old Fashioned Mac & Cheese
with Dinner Roll
Steamed Broccoli
Diced Pears
Milk

14
Ham & Cheese on a Bun
Baby Carrots
Banana
Milk

15
Cheese Pizza
Green Bean Salad
Pineapple
Milk



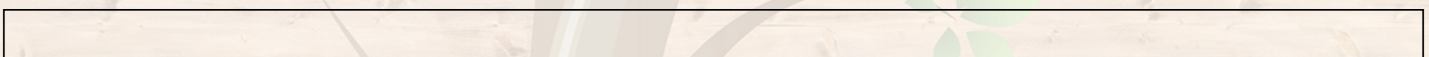
18
Breakfast For Lunch
French Toast Sticks
with Sausage Links
Sweet Potato Fries
Sweet Applesauce
Milk

19
Chicken Nuggets with Dinner Roll
Emoji Fries
Fresh Apple
Milk

20
Meatball Sub
Steamed Broccoli
Sweet Peaches
Milk

21
Wave-able Bento Box
Deli Turkey & Cheese Cubes
Goldfish Crackers
Baby Carrots
Apple Slices
Milk

22
French Bread Pizza
Cucumber Slices
Pineapple
Milk



25
Grilled Cheese
Steamed Carrot Coins
Sweet Applesauce
Milk

26
Thanksgiving Meal
Roasted Turkey with Gravy,
Stuffing, Mashed Potatoes & Corn
Fresh Apple
Milk

27
Cheese Pizza
Green Peppers Strips
Pineapple
Milk

28
Happy Thanksgiving!
School Closed

29
School Closed

*Locally Sourced Fruits & Vegetables are offered upon availabilities.

The Role of Nutrition and Stress

Nutrition and stress often go hand-in-hand, with some people tending to overeat when stressed and others limiting their food intake due to an upset stomach or indigestion. Certain foods increase the physical stress on your body by making digestion more difficult, or by denying the brain essential nutrients. With a sensible diet, it's possible to reduce the effects of stress, avoid some common problems and protect your health. Nutrients such as Vitamins B and C, calcium, magnesium and zinc can be depleted by stress. To help your body better manage stress and avoid nutrient depletion, you should always aim to eat breakfast, plan

meals in advance, pack healthy snacks, minimize caffeine from tea, coffee and sodas and fill up on hydrating water. For added calcium, consume yogurts, smoothies and even calcium-fortified orange juice. B vitamins can be obtained by eating wholesome grains and vitamin C, and magnesium can be found in many fruits and vegetables. Giving your body nutrition it needs is a positive step you can take every day toward combating stress. With the correct nutrition, you are better prepared to face the challenges of the day.



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
				Banana Muffin Apple Juice Milk
Multi Grain Cheerios Fruit Punch Milk	Mini Pancakes Grape Juice Milk	Blueberry Muffin Pineapple Juice Milk	School Closed	School Closed
Multi Grain Cheerios Fruit Punch Milk	Mini Waffles Grape Juice Milk	Mini Bagel with Cream Cheese Pineapple Juice Milk	Yogurt w/ Graham Crackers Orange Juice Milk	Banana Muffin Apple Juice Milk
Multi Grain Cheerios Fruit Punch Milk	Mini Pancakes Grape Juice Milk	Blueberry Muffin Pineapple Juice Milk	Yogurt w/ Graham Crackers Orange Juice Milk	Cinnamon Toast Crunch Cereal Apple Juice Milk
Multi Grain Cheerios Fruit Punch Milk	Mini Waffles Grape Juice Milk	Mini Bagel with Cream Cheese Pineapple Juice Milk		

Fresh Pick Recipe

LEMONY SMASHED POTATOES

- 12 new potatoes (small)
- 2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 cup fresh parsley, sliced
- 1 cup nonfat sour cream
- 1 1/2 tablespoon chives, chopped small
- sea salt and pepper

1. Boil potatoes in pan of water until tender and drain.
2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
6. Remove potatoes from the oven and sprinkle with the parsley.
7. Mix the chives with the sour cream and serve on the side.



So Happy

Sodexo's menu app with nutrition and allergen information!

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.

