

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

freshpick
for better health
by **sodexo**

Blueberries



Cheeseburger on a Bun
Crispy Fries
Fresh Apple
Milk

Cheese Pizza
Baby Carrot
Orange Smiles
Milk

Alfredo Mac.
Steamed Broccoli
Sweet Applesauce
Milk

Turkey & Cheese on a Bun
Cucumber Slices
Sweet Pears
Milk

Grilled Ham & Cheese on a Bun
Steamed Green Beans
Banana
Milk

Chicken Nuggets w/ Dinner Roll
Crispy Fries
Fresh Apple
Milk

Fresh Bread Pizza
Baby Carrots
Orange Smiles
Milk

Chicken Nuggets w/ Dinner Roll
Sweet Potato Fries
Applesauce
Milk

Macaroni & Cheese
Parmesan Green Beans
Sweet Pineapple
Milk

Breakfast for Lunch:

Golden Pancake w/
Turkey Sausage
Tator Tots
Banana
Milk

Bacon Cheeseburger
Steamed Broccoli
Fresh Apple
Milk

Cheese Pizza
Citrus Carrot
Orange Smiles
Milk

School Closed

Beef & Cheese Burrito
Refried Beans
Pineapple Tidbits
Milk

Breaded Mozzarella Sticks
w/ Marinara Sauce
Steamed Green Beans
Banana
Milk

Ham & Cheese Sandwich
Baby Carrot
Orange Smiles
Milk

French Bread Pizza
Broccoli Florets w/ Ranch
Fresh Apple
Milk

Chicken Tender & Waffles
Smiley Fries
Applesauce
Milk

Turkey & Cheese on a Bun
Cucumber Slices
Sweet Pears
Milk

Chicken Patty on a Bun
Green Beans
Banana
Milk

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

Cheese Pizza
Baby Carrots
Orange Smiles
Milk

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

Chicken Nuggets w/ Dinner Roll
Crispy Fries
Pineapple
Milk

Grilled Cheese
Broccoli Florets
Banana
Milk

Ham & Cheese on a Bun
Baby Carrot
Fresh Apple
Milk

2/7
French Bread Pizza
Celery Sticks
Orange Smiles
Milk

Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

Source: <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.



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
			1/2 Trix Cereal 100% Orange Juice Milk	1/3 Cinnamon Toast Cereal 100% Apple Juice Milk
1/6 Trix Cereal 100% Orange Juice Milk	1/7 Chocolate Chip Muffin 100% Fruit Juice Milk	1/8 Maple Mini Waffles 100% Apple Juice Milk	1/9 Strawberry Yogurt w/ Graham Crackers 100% Orange Juice Milk	1/10 Cinnamon Toast Cereal 100% Apple Juice Milk
1/13 Trix Cereal 100% Orange Juice Milk	1/14 Mini Waffles 100% Fruit Juice Milk	1/15 Banana Muffin 100% Apple Juice Milk	1/16 Strawberry Yogurt w/ Graham Crackers 100% Orange Juice Milk	1/17 Cinnamon Toast Cereal 100% Apple Juice Milk
1/20 School Closed	1/21 Chocolate Chip Muffin 100% Fruit Juice Milk	1/22 Maple Mini Pancake 100% Apple Juice Milk	1/23 Strawberry Yogurt w/ Graham Crackers 100% Orange Juice Milk	1/24 Cinnamon Toast Cereal 100% Apple Juice Milk
1/27 Trix Cereal 100% Orange Juice Milk	1/28 Blueberry Muffin 100% Fruit Juice Milk	1/29 Maple Mini Waffles 100% Apple Juice Milk	1/30 Strawberry Yogurt w/ Graham Crackers 100% Orange Juice Milk	1/31 Cinnamon Toast Cereal 100% Apple Juice Milk
2/3 Trix Cereal 100% Orange Juice Milk	2/4 Chocolate Chip Muffin 100% Fruit Juice Milk	2/5 Mini Pancake 100% Apple Juice Milk	2/6 Strawberry Yogurt w/ Graham Crackers 100% Orange Juice Milk	2/7 Cinnamon Toast Cereal 100% Apple Juice Milk

Fresh Pick Recipe

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.

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

nutrislice

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.