



## Middle School September 2025

## EVERY DAY SELECTS & SUPER FOOD

|                                                                                                                                                                                                      |                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                   |                                                                                                                                                                                                                  |                                                                                                                                                                                                                                              |
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| <p><b><u>Served Daily</u></b><br/>Triple Decker Peanut Butter and Jelly Assorted Fruit Parfait</p> <p><b>Menu is subject to change</b></p>                                                           | <p>For Nutrition information<br/><a href="https://longbranch.nutrislice.com/menu">https://longbranch.nutrislice.com/menu</a></p>                                                                                                      |                                                                                                                                                                                                                                   | <p>9/4<br/><b><u>Every Day Select</u></b><br/>Hamburger or Cheeseburger On a Bun<br/><b><u>Super Food</u></b><br/>Power UP Bento Box<br/>Chicken Caesar Salad w/ Roll<br/>Hummus &amp; Veggie Wrap</p>           | <p>9/5<br/><b><u>Every Day Select</u></b><br/>Cheese, Hot Honey Pepperoni &amp; Margherita Pizza<br/><b><u>Super Food</u></b><br/>Chip Dip Bento Box<br/>Fiesta Garden Salad w/ Roll<br/>Chicken Caesar Wrap<br/>Falafel Sandwich</p>        |
| <p>9/8<br/><b><u>Every Day Select</u></b><br/>Golden Grilled Cheese Crispy Fries<br/><br/><b><u>Super Food</u></b><br/>Deli Stackable Bento Box<br/>Chef Salad w/ Roll<br/>Crispy Chicken Wrap</p>   | <p>9/9<br/><b><u>Every Day Select</u></b><br/>Cheese, Pepperoni &amp; Buffalo Chicken Pizza<br/><br/><b><u>Super Food</u></b><br/>Summer Berry Crunch Salad<br/>Hearty Garden Salad w/ Cheese &amp; Roll<br/>Chicken Caesar Wrap</p>  | <p>9/10<br/><b><u>Every Day Select</u></b><br/>Regular or Cherry Pepper Chicken Patty on a Bun w/ Fries<br/><b><u>Super Food</u></b><br/>Tokyo Teriyaki Noodle Bowl<br/>Crispy Chicken Salad w/ Roll<br/>Buffalo Chicken Wrap</p> | <p>9/11<br/><b><u>Every Day Select</u></b><br/>Hamburger or Cheeseburger On a Bun w/ Fries<br/><b><u>Super Food</u></b><br/>Power UP Bento Box<br/>Chicken Caesar Salad w/ Roll<br/>Hummus &amp; Veggie Wrap</p> | <p>9/12<br/><b><u>Every Day Select</u></b><br/>Cheese, Hot Honey Pepperoni &amp; Hawaiian Pizza<br/><br/><b><u>Super Food</u></b><br/>Chip Dip Bento Box<br/>Fiesta Garden Salad w/ Roll<br/>Chicken Caesar Wrap<br/>Falafel Sandwich</p>    |
| <p>9/15<br/><b><u>Every Day Select</u></b><br/>Crispy Chicken Sandwich<br/>Crispy Fries<br/><b><u>Super Food</u></b><br/>Deli Stackable Bento Box<br/>Chef Salad w/ Roll<br/>Crispy Chicken Wrap</p> | <p>9/16<br/><b><u>Every Day Select</u></b><br/>Cheese, Pepperoni &amp; Supreme Pizza<br/><br/><b><u>Super Food</u></b><br/>Healthy Hummus Bento Box<br/>Hearty Garden Salad w/ Cheese &amp; Roll<br/>Chicken Caesar Wrap</p>          | <p>9/17<br/><b><u>Every Day Select</u></b><br/>Regular or Cherry Pepper Chicken Patty on a Bun w/ Fries<br/><b><u>Super Food</u></b><br/>Tokyo Teriyaki Noodle Bowl<br/>Crispy Chicken Salad w/ Roll<br/>Buffalo Chicken Wrap</p> | <p>9/18<br/><b><u>Every Day Select</u></b><br/>Hamburger or Cheeseburger On a Bun w/ Fries<br/><b><u>Super Food</u></b><br/>Power UP Bento Box<br/>Chicken Caesar Salad w/ Roll<br/>Hummus &amp; Veggie Wrap</p> | <p>9/19<br/><b><u>Every Day Select</u></b><br/>Cheese, Hot Honey Pepperoni &amp; Meat lovers Pizza<br/><br/><b><u>Super Food</u></b><br/>Chip Dip Bento Box<br/>Fiesta Garden Salad w/ Roll<br/>Chicken Caesar Wrap<br/>Falafel Sandwich</p> |
| <p>9/22<br/><b><u>Every Day Select</u></b><br/>Golden Grilled Cheese Crispy Fries<br/><br/><b><u>Super Food</u></b><br/>Deli Stackable Bento Box<br/>Chef Salad w/ Roll<br/>Crispy Chicken Wrap</p>  | <p>9/23<br/><b><u>Every Day Select</u></b><br/>Cheese, Pepperoni &amp; Buffalo Chicken Pizza<br/><br/><b><u>Super Food</u></b><br/>Summer Berry Crunch Salad<br/>Hearty Garden Salad w/ Cheese &amp; Roll<br/>Chicken Caesar Wrap</p> | <p>9/24<br/><b><u>Every Day Select</u></b><br/>Regular or Cherry Pepper Chicken Patty on a Bun w/ Fries<br/><b><u>Super Food</u></b><br/>Tokyo Teriyaki Noodle Bowl<br/>Crispy Chicken Salad w/ Roll<br/>Buffalo Chicken Wrap</p> | <p>9/25<br/><b><u>Every Day Select</u></b><br/>Hamburger or Cheeseburger On a Bun w/ Fries<br/><b><u>Super Food</u></b><br/>Power UP Bento Box<br/>Chicken Caesar Salad w/ Roll<br/>Hummus &amp; Veggie Wrap</p> | <p>9/26<br/><b><u>Every Day Select</u></b><br/>Cheese, Hot Honey Pepperoni &amp; Margherita Pizza<br/><br/><b><u>Super Food</u></b><br/>Chip Dip Bento Box<br/>Fiesta Garden Salad w/ Roll<br/>Chicken Caesar Wrap<br/>Falafel Sandwich</p>  |
| <p>9/29<br/><b><u>Every Day Select</u></b><br/>Crispy Chicken Sandwich<br/>Crispy Fries<br/><b><u>Super Food</u></b><br/>Deli Stackable Bento Box<br/>Chef Salad w/ Roll<br/>Crispy Chicken Wrap</p> | <p>9/30<br/><b><u>Every Day Select</u></b><br/>Cheese, Pepperoni &amp; Supreme Pizza<br/><br/><b><u>Super Food</u></b><br/>Healthy Hummus Bento Box<br/>Hearty Garden Salad w/ Cheese &amp; Roll<br/>Chicken Caesar Wrap</p>          | <p>10/1<br/><b><u>Every Day Select</u></b><br/>Regular or Cherry Pepper Chicken Patty on a Bun w/ Fries<br/><b><u>Super Food</u></b><br/>Tokyo Teriyaki Noodle Bowl<br/>Crispy Chicken Salad w/ Roll<br/>Buffalo Chicken Wrap</p> | <p>10/2<br/><b><u>Every Day Select</u></b><br/>Hamburger or Cheeseburger On a Bun w/ Fries<br/><b><u>Super Food</u></b><br/>Power UP Bento Box<br/>Chicken Caesar Salad w/ Roll<br/>Hummus &amp; Veggie Wrap</p> | <p>10/3<br/><b><u>Every Day Select</u></b><br/>Cheese, Hot Honey Pepperoni &amp; Hawaiian Pizza<br/><br/><b><u>Super Food</u></b><br/>Chip Dip Bento Box<br/>Fiesta Garden Salad w/ Roll<br/>Chicken Caesar Wrap<br/>Falafel Sandwich</p>    |

### SIDES OFFERED DAILY WITH LUNCH CHOICES

Assorted Fresh Fruits and Vegetables, Assorted Low Fat and Skim Milk

Assorted 100% Fruit Juice

discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice).

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