



# Long Branch Middle School September 2025

## DELI BAR

Assorted Deli Meats, Cheeses and  
Toppings Made to Order on Freshly  
Baked Breads, Rolls and Wraps

|   |   |   |   |   |
|---|---|---|---|---|
|   | <b>Welcome Back</b>   |   | 9/4<br>Meatballs Over<br>Pasta Marinara<br>Parmesan<br>Green Beans                      | 9/5<br>Teriyaki Chicken<br>Wrap W/ Roasted<br>Potatoes &<br>Mixed Vegetables                                      |
| 9/8<br>Chicken Nuggets<br>Crispy Fries<br>Carrot Coins<br>Warm Biscuit              | 9/9<br><b>Featured Recipe</b><br>Veggie Packed Chicken<br>Biryani<br>Rice<br>Bowl   | 9/10<br><b>Brunch Bar:</b><br>(French Toast Sticks,<br>Pancakes, Sausage, &<br>Crispy Tator Tots)<br>Glazed Carrots | 9/11<br>Baja Fish Tacos<br>Sofrito Black Beans<br>Spanish Style Rice                    | 9/12<br>Baked Ziti<br>Garlic Bread<br>Steamed Corn  |
| 9/15<br>Chicken Tenders w/<br>Whole Grain Biscuit<br>Crispy Fries<br>Glazed Carrots | 9/16<br><b>Welcome Back<br/>Celebration !</b><br>Build Your Own Burrito<br>Bowl<br>Brown Rice<br>Roasted Vegetables<br>All The Fixings<br><b>Guacamole Day!</b> | 9/17<br><b>Boneless Wing Bar:</b><br>Crispy Potato Wedges<br>Assorted Sauces<br>Ranch, Celery &<br>Carrot Sticks    | 9/18<br>Beefy Macaroni w/<br>Garlic Breadstick<br>Peas & Carrots                        | 9/19<br>Bahn Mi<br>Pulled Turkey Sub<br>Crinkle Cut Fries<br>Roasted Broccoli                                     |
| 9/22<br>Orange Chicken<br>Mixed Rice<br>Steamed Broccoli                            | 9/23<br>Taco Tatchos w/<br>Cheddar Cheese Sauce<br>Tator Tots<br>Roasted Corn   | 9/24<br><b>Mac &amp; Cheese Bar:</b><br>(Buffalo Chicken,<br>Fiesta Beef)<br>Sauteed Green Beans                    | 9/25<br><b>Featured Recipe</b><br>Veggie Packed<br>Chicken Biryani<br>Rice<br>Bowl      | 9/26<br><b>National Pancake<br/>Day:</b><br>Pancakes w/ Sausage<br>& Warm Berries<br>Tator Tots<br>Glazed Carrots |
| 9/29<br>Chicken Fajitas<br>W/ Onions &<br>Peppers<br>Over Rice<br>Sauteed Spinach   | 9/30<br>Teriyaki Meatball Sub<br>Crinkle Cut Fries<br>Parmesan Green Beans  | 10/1<br><b>Nacho Bar:</b><br>(Tinga Chicken or<br>Seasoned Beef)<br>Cilantro Lime Rice<br>Baked Black Beans         | 10/2<br>Southern<br>Chicken & Waffles<br>Blue Ribbon Slaw<br>Roasted Garlic<br>Broccoli | 10/3<br>Homestyle Meatloaf<br>w/ Gravy & Biscuit<br>Mashed Potatoes<br>Steamed Corn                               |

## SIDES OFFERED DAILY WITH LUNCH CHOICES

Assorted Fresh Fruits and Vegetables, Assorted Low Fat and Skim Milk  
Assorted 100% Fruit Juice

## SAUCE IT UP!

Assorted Specialty Sauces to Enhance Menu Selections