

Full-text information is available upon request

## Middle and High School Menu

# TASTE<sup>4</sup>

try something new

## Long Branch Secondary Menu

## MAR 2021

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

Ham, Egg & Cheese on Biscuit  
Sweet Potatoes  
Fresh Orange  
Chocolate Milk

2

Cheesburger on a Bun  
French Fries  
Diced Pear Cup  
Chocolate Milk

3

Turkey & Cheese Sandwich  
Chilled Corn  
Applesauce  
Chocolate Milk

4

Sweet & Sour Chicken with Rice  
Steamed Broccoli  
Chilled Peaches  
Chocolate Milk

5

Cheese Pizza  
Cucumber Slices  
Red Apple  
Chocolate Milk

8

Corn Dog  
French Fries  
Fresh Orange  
Chocolate Milk

9

Chicken Nuggets with Roll  
Golden Corn  
Chilled Peaches  
Chocolate Milk

10

Cheesesteak Sandwich  
Baby Carrots  
Fresh Apple  
Chocolate Milk

11

Macaroni & Cheese w/ Dinner Roll  
Steamed Broccoli  
Mixed Fruit Cup  
Chocolate Milk

12

Cheese Pizza  
Celery Sticks  
Diced Pear Cup  
Chocolate Milk

15

#### **BREAKFAST FOR LUNCH**

Pancakes with Sausage & Syrup  
Tater Tots  
Applesauce  
Chocolate Milk

16

Rotini w/ Meat Sauce Dinner Roll  
Broccoli Florets  
Mixed Fruit Cup  
Chocolate Milk

17

Italian Sub  
Cucumber Slices  
Fresh Orange  
Chocolate Milk

18

Roast Turkey with Gravy & Biscuit  
Green Beans  
Apple Slices  
Chocolate Milk

19

Cheese Pizza  
Baby Carrots  
Chilled Peaches  
Chocolate Milk

22

Mozzarella Breadsticks with Sauce  
Celery Sticks  
Applesauce  
Chocolate Milk

23

Meatball Sub  
Broccoli Florets  
Banana  
Chocolate Milk

24

Cheesburger on Bun  
Baby Carrots  
Apple  
Chocolate Milk

25

Popcorn Chicken with Roll  
Mashed Potatoes  
Corn  
Diced Peaches  
Chocolate Milk

26

School Closed

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School Closed

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School Closed

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### A Guide to Safety with School Meals in the Wake of COVID-19

As the world continues the long journey back to normalcy after the COVID-19 pandemic, many students are gearing up to start a new academic year faced with new, extraordinary challenges. The start of a school year can cause anxiety for both new and returning students and parents, and recent events have added reasonable concerns about health and

safety in the wake of the global pandemic that altered the way we live, work and learn. Sodexo understands these concerns, and we are committed to protecting the health and safety of everyone who eats in our schools, as well as all members of our foodservice staff.



Download our app for more information about our school lunches.

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apple Jack Cereal Grape Juice Milk	Chocolate Chip Oatmeal Bar Orange Juice Milk	Banana Bread Fruit Punch Milk	Chocolate Chip Muffin Grape Juice Milk	Lucky Charms Cereal Orange Pineapple Juice Milk
Banana Muffin Grape Juice Milk	Strawberry Pop Tart Orange Juice Milk	Cinnamon Toast Cereal Bar Apple Juice Milk	Blueberry Muffin Grape Juice Milk	Frosted Flake Cereal Orange Juice Milk
Corn Pops Cereal Grape Juice Milk	Chocolate Chip Oatmeal Bar Orange Juice Milk	Banana Bread Fruit Punch Juice Milk	Chocolate Chip Muffin Grape Juice Milk	Trix Cereal Orange Pineapple Juice Milk
Banana Muffin Grape Juice Milk	Strawberry Pop Tart Orange Juice Milk	Rice Crispy Cocoa Cereal Bar Apple Juice Milk	Blueberry Muffin Grape Juice Milk	School Closed
School Closed	School Closed	School Closed		

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



**PLEASE PRACTICE SOCIAL DISTANCING**

Grab & Go Meals for Long Branch Public School students can be picked up Monday, Wednesday and Friday at 11:30 AM at the following locations: Holy Trinity School, Lenna W. Conrow ECLC, Gregory Elementary School, Long Branch Middle School  
Questions? Comments? Please Contact: Nawal Maroun Food Service Director  
Nawal.Maroun@sodexo.com (732)571-0544

Nutrition Information is available upon request.

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