

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



nutrislice



Lo Mein Orange Chicken **1**
Teriyaki Meatball Noodle Bowl

Carrot Coins
EZ Pizza Bento Box
Chocolate Muffin Fun Lunch
Italian Sub
Salad Bar
Fresh or Chilled Fruit Cup

2
Cheese or Pepperoni
French Bread Pizza

Sweet Peas
EZ Pizza Bento Box
Chocolate Muffin Fun Lunch
Italian Sub
Salad Bar
Fresh or Chilled Fruit Cup

CINCO DE MAYO 5
Beef Taco Totcho w/ Dinner Roll

Chicken Fajitas Taco

Seasoned Black Beans
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar

6
Chicken Patty on a Bun

Cheese Omelet on Bagel

Sweet Potato Fries
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

7
Spaghetti W/ Meatballs

Golden Grilled Cheese

Italian Green Beans
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

8
Cheeseburger on a Bun

Turkey Carnitas Tacos

Crispy Fries
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

9
Cheese or Pepperoni
Pizza

Mixed Vegetables
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

12
Corn Dog

Alfredo Mac. w/ Garlic Bread

Steamed Broccoli
Chicken Bento Box with Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

13
Cheeseburger on a Bun

Mediterranean Chicken Gyro

Crispy Fries
Chicken Bento Box with Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

14
Chicken Drumstick w/ Dinner Roll

Carolina BBQ Pulled Turkey
Sandwich

Steamed Green Beans
Chicken Bento Box with Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar

15
Chicken Nuggets w/ Dinner Roll

Cuban Turkey Sandwich

Crispy Fries
Chicken Bento Box with Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

16
Cheese or Pepperoni
Pizza

Carrot Coins
Chicken Bento Box with Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

19
Chicken Nuggets w/ Dinner Roll

Falafel Sandwich

Sweet Potato Fries
Chicken Caesar Salad
Banana Muffin Fun Lunch
Italian Sub
Salad Bar
Fresh or Chilled Fruit Cup

20
Macaroni & Cheese

BBQ Diced Chicken Sandwich

Parmesan Green Beans
Chicken Caesar Salad
Banana Muffin Fun Lunch
Italian Sub
Salad Bar
Fresh or Chilled Fruit Cup

21
Breakfast for Lunch:
Golden Pancake w/
Turkey Sausage

Grilled Ham & Cheese on a Bun

Tator Tots
Chicken Caesar Salad
Banana Muffin Fun Lunch
Italian Sub

22
Cheese or Pepperoni
Pizza

Citrus Carrot
Chicken Caesar Salad
Banana Muffin Fun Lunch
Italian Sub
Salad Bar
Fresh or Chilled Fruit Cup

23

School Closed



27

School Closed

28
Stuffed Breadsticks w/
Marinara Sauce

Carolina BBQ Pulled Turkey
Sandwich

Green Beans
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese on a Roll

29
General Tso Popcorn Chicken

Brazilian Chicken Sandwich

Steamed Rice & Carrot Coins
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese on a Roll
Salad Bar
Fresh or Chilled Fruit Cup

30
Cheese or Pepperoni
French Bread Pizza

Broccoli Florets w/ Ranch
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese on a Roll
Salad Bar
Fresh or Chilled Fruit Cup

2
Chicken Tender & Waffles

Egg and Cheese on English Muffin

Smiley Fries
Garden Vegetables with Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

3
Beef Tacos with all the fixings

Mediterranean Chicken Gyro

Golden Corn
Garden Vegetable with Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

4
Chicken Patty on a Bun

Baked Ziti

Parmesan Green Beans
Garden Vegetables with Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

5
Popcorn Chicken Bowl w/ Biscuit

Crispy Fish Sticks

Mashed Potatoes
Garden Vegetables with Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

6
Cheese or Pepperoni
Pizza

Carrot Coins
Garden Vegetables with Cheese
Cereal Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables:** Combined, these should cover half your plate at meals.
- **Grains:** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy:** Choose low-fat or fat-free dairy foods most often.

- **Protein:** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

As part of a healthy diet, it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important to brush your teeth after eating any kind of food. At a minimum, you should brush your teeth morning and night and be sure to see a dentist every six months.



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

Available Daily:

Assorted Cereal with Graham Cracker, WG Donut
Warm Bagel & Cream Cheese, Assorted WG Pop Tart
Assorted Cereal Bar, Assorted Muffins
Moz. Cheese Stick, Yogurt w/ Graham Crackers
Chilled Canned Fruit, Fresh Fruit & Baby Carrots
Assorted 100% Fruit Juice
1% white Milk & Skim Milk

MONDAY: May 5-12-19 & June 2

Breakfast Pizza

TUESDAY: May 6-13-20 & June 3

Mini Pancake

WEDNESDAY: May 7-14-21-28 & June 4

French Toast Sticks w/ Syrup

THURSDAY: May 1-8-15-22-29 & June 5

Egg & Cheese on a Bun

FRIDAY: May 2-9-16-30 & June 5

Wild Blueberry Waffle

Fresh Pick Recipe

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¾ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the cantaloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

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



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.