

Southern Regional Middle School

April 2013

What is a Lunch?

- 1-Vegetable, 2-Fruit,
- 3-Meat/Meat Alternate,
- 4-Grain & 5-Milk

We offer all 5, but 3 are required.

New this year, ONE must be a Vegetable or Fruit

Menu subject to change.



EVERYDAY CHOICES

Made to Order Deli Sandwiches and Wraps

- Choice of bread/roll/wrap
- Choice of meat and/or cheese
- Variety of toppings

Served with vegetable, fruit and milk.

V Vegetarian options offered daily.

	4/2 Orange Chicken Lo Mein Green Peas	4/3 Cheese Ravioli Sautéed Broccoli	4/4 Taco Day Green Pepper Slices	4/5 V Chicken Sticks W/Dinner Roll Three Bean Salad
4/8 V Cheese Quesadilla Carrot Sticks	4/9 Baked Chicken with Stuffing Potato Wedges	4/10 V Baked Mac & Cheese with breadstick Steamed Broccoli	4/11 General Tso's Chicken Brown rice Green beans	4/12 V Fish Tacos Carrots Sticks Hummus
4/15 V French Toast Sticks w/ Sausage Sweet Potato Tater Tots	4/16 Chicken Fajita Day Steamed Corn	4/17 Pasta w/Meatballs w/Breadstick Sautéed Spinach	4/18 Nacho Supreme Cucumber Slices	4/19 Buffalo Chicken Panini Baked Beans
4/22 V Bosco Sticks w/ Marinara Sauce Red Pepper Strips	4/23 Chicken Nuggets w Dinner Roll French Fries	4/24 V Baked Ziti with Breadstick Broccoli Dippers	4/25 Baked BBQ Chicken w/Brown Rice Zucchini Dippers	4/26 V Flatbread Sandwich Confetti Bean Salad
4/29 V Grilled Cheese on Texas Toast Glazed Carrots	4/30 Turkey w/ Stuffing & Gravy Mashed Potatoes or Corn	All meals include Seasonal Fruit & Vegetable	Lunch Prices Full = \$2.35 Reduced = \$.40	Milk Selection includes 1% white and Fat-Free white & Chocolate



Fresh Garden Salad Greens plus Fruits & Vegetables OFFERED DAILY

V Fresh Garden Salad Bar -Student's \$3.00, Adults \$3.85LB



DAILY SPECIALS

Monday – Cheeseburger
Tuesday – Philly Cheese Steak
Wednesday – Hot Dogs
Thursday – Spicy Chicken Patty
Friday – Meatball Sub

EVERYDAY CHOICES

Chicken Patty
Flame Broiled Beef Patty
Daily Specials
All sandwiches served on WW buns, with vegetable, fruit and milk.

Pasta Special Daily:

Monday - Mac. & Cheese
Tuesday - Baked Ziti
Wed. - Pasta Primavera
Thurs. - Pasta w/ Meatballs
Friday - Alfredo Pasta



EVERYDAY CHOICES

Cheese, Pepperoni & Daily Special Pizzas. **V**

Monday -Buffalo Chicken Tuesday -French Bread Wednesday- White Pizza
Thursday -Flat Bread Pizza Friday-Chicken Parmesan Pizza

All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.

V Vegetarian We use menu identifiers in the café to help students recognize Vegetarian options.

Thank you for your patience as we adapt and improve our menu to meet the New Healthy Hunger-Free Kids Act.
If you have questions about the menu, please contact Mary Buetti 609 597-9481 ext 4369.
Go to www.payforit.net for online student account management.