

Southern Regional Middle School May 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.



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

EVERYDAY CHOICES

Made to Order Deli
Sandwiches and Wraps

Served with vegetable,
fruit and milk.

V Vegetarian options offered daily.

	Lunch Prices Full = \$2.35 Reduced = \$1.40	5/1 Chicken & Veggie Stir- Fry w/ Brown Rice Steamed Broccoli	5/2 Rib-a Que on a Bun Celery Sticks	5/3 French Toast Sticks w/ Sausage Sweet Potato Fries V
5/6 Sausage, Egg & Cheese Sandwich Sweet Potato Tater Tots	5/7 Orange Chicken Lo Mein Green Peas	5/8 Cheese Ravioli Sautéed Broccoli V	5/9 Taco Day Green Pepper Slices	5/10 Grilled Cheese on Texas Toast w/ Tomato Soup Three Bean Salad
5/13 Cheese Quesadilla V Carrot Sticks	5/14 Baked Chicken with Stuffing Potato Wedges	5/15 Baked Mac & Cheese with breadstick Steamed Broccoli V	5/16 General Tso's Chicken Brown rice Green beans	5/17 Fish Tacos Carrots Sticks Hummus
5/20 ½ day No lunch served	5/21 Chicken Fajita Day Steamed Corn	5/22 Pasta w/Meatballs w/Breadstick Sautéed Spinach V	5/23 Nacho Supreme Cucumber Slices	5/24 Buffalo Chicken Panini Baked Beans V
5/27 Memorial Day School Closed	5/28 Chicken Nuggets w Dinner Roll French Fries	5/29 Baked Ziti with Breadstick Broccoli Dippers	5/30 Baked BBQ Chicken w/Brown Rice Confetti Bean Salad	5/31 Chicken Sticks w/Dinner Roll Zucchini Dippers



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 Pizza **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.



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 Bueti 609 597-9481 ext 4369.
Go to www.payforit.net for online student account management.