

# Southern Regional 9/10 High School May 2018

Questions, comments or concerns contact: Gary Haddad,  
Food Service Director at 609- 597-9481 Ex. 4369

**DELI**

## Handcrafted Deli Sandwiches

In A Hurry? Check  
Out Some of Our Fast  
Take Sandwiches

Assorted Deli Meats and Cheeses  
Assorted Fresh Toppings and Spreads  
Choice of Tuna or Egg Salad Daily  
Assorted Wraps, Rolls and Bread

Breakfast Served Daily 7:30 – 7:40  
Available to ALL.

## Daily and Weekly Salad Specials

Week 1  
Romaine Salad  
Week 2  
Spinach Salad  
Week 3  
Romaine Salad  
Week 4  
Spinach Salad



Week 1: Garden Salad w/ Cheese  
Week 2: Chef Salad  
Week 3: Chicken Caesar Salad  
Week 4: Buffalo Chicken Salad  
Week 5: Greek Salad w / Pita

**GRILL**

## EVERYDAY CHOICES

Hamburgers, Cheeseburgers, Breaded  
Chicken w/ Grain, Chicken Patty Sandwich

Monday: Jersey Burger  
Tuesday: Buffalo Chicken Patty  
Wednesday: Chicken Bacon Cheddar Sandwich  
Thursday: Turkey Cuban Sandwich  
Friday: Ham & Cheese Melt on a Bagel

## Everyday Choices

**PIZZA**

## Cheese And Pepperoni Pizza Plus Specialty Pizzas

Monday: Stromboli Tuesday: Buffalo Chicken  
Wednesday: White Pizza Thursday: French Bread Friday: Chicken Bacon Ranch

## SIDES OFFERED DAILY WITH LUNCH CHOICES

Assorted Fresh Fruits and Vegetables, Specialty Made Salads, Assorted Low Fat and Skim Milks



Breakfast Available to All: Students Full: \$1.75 Reduced: \$.30 Adult: \$ 2.25	5/1 Roasted Chicken w/ Biscuit Mashed Potatoes & Gravy Roasted Corn	5/2 Buffalo Chicken Mac & Cheese w/ Dinner Roll Sautéed Spinach	5/3 Nacho Bar w/ Fixings Bar Refried Beans & Spanish Rice	5/4 Grilled Cheese w/ Crabby Fries Green Beans <b>V</b>
5/7 Waffle Bar w/ Fruit Toppings & Whipped Cream Sausage Patty or Ham Tater Tots <b>V</b>	5/8 Bacon Cheese Burgers w/ Toppings Bar BBQ Baked Beans French Fries	5/9 Pasta & Meatballs w/ Garlic Bread Roasted Broccoli <b>V</b>	5/10 Taco Bar w/ Hard or Soft Shell w/ Fixings Salsa & Black Beans Spanish Rice	5/11 Chinese Take Out Chicken w/ Noodles Mixed Vegetables
5/14 Mozzarella Sticks w/ Marinara Sw. Potato Fries <b>V</b>	5/15 Crispy Chicken Bowl w/ Mashed Potatoes & Gravy Sweet Corn & Dinner Roll	5/16 Baked Ziti w/ Garlic Bread Sautéed Spinach & Garlic <b>V</b>	5/17 Nacho Bar w/ Fixings Bar Pinto Beans Carrot Sticks	5/18 Buffalo Chicken Flatbread Green Pepper Strips French Fries
5/21 Sloppy Joe Sliders w/ BBQ Mashed Sweet Potatoes Carrot Sticks w/ Dip	5/22 Chicken Sticks w/ Dinner Roll Smiley Fries Sweet Peas	5/23 Crispy Chicken Bacon Ranch on a Kaiser Roll Steamed Broccoli	5/24 Taco Bar w/ Hard or Soft Shell w/ Fixings Salsa & Refried Beans Spanish Rice	5/25 Chicken Fajitas w/ Toppings Peas & Carrots
5/28 Memorial Day School Closed Available Daily: Peanut Butter & Jelly Sandwich Bagel, Cereal & Yogurt Box	5/29 Popcorn Chicken w/ Dinner Roll French Fries	5/30 BBQ Chicken w/ Biscuit Mashed Potatoes & Gravy sautéed Spinach	5/31 Chicken Fajita Nachos w/ Fixings Bar Baked Beans	Lunch Available to All: Students Full: \$2.95 w/ Fries: \$3.35 Reduced: \$.40 Adult A la Carte: \$3.30

## Veggie Bar Offered Daily

Tossed Salad, Carrot & Celery Sticks, Lettuce, Tomatoes, Onions & Hot Peppers