

Southern Regional Middle 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 V
5/7 Waffle Bar w/ Fruit Toppings & Whipped Cream Sausage Patty or Ham Tater Tots V	5/8 Bacon Cheese Burgers w/ Toppings Bar BBQ Baked Beans French Fries	5/9 Pasta & Meatballs w/ Garlic Bread Roasted Broccoli V	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 V	5/15 Crispy Chicken Bowl w/ Mashed Potatoes & Gravy Sweet Corn & Dinner Roll	5/16 Baked Ziti w/ Garlic Bread Sautéed Spinach & Garlic V	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