

Southern Regional 9/10 High School February 2019

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

SALADS

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

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: Ram Burger
Friday: Pork Roll & Cheese on a Kaiser

Everyday Choices

PIZZA

Cheese And Pepperoni Pizza Plus Specialty Pizzas

Monday: Veggie Tuesday: Buffalo Chicken
Wednesday: White Pizza Thursday: Sausage 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	Lunch Available to All: Students Full: \$2.95 w/ Fries: \$3.40 Reduced: \$.40 Adult A la Carte: \$3.40			2/1 Buffalo Chicken Flatbread French Fries Green Beans
2/4 Chicken & Waffles BBQ Baked Beans Carrot Sticks w/ Dip	2/5 Triple Dipper Tuesday Chicken Nuggets Pretzel Bites Tater Tots	2/6 Chicken Mac Alfredo w/ Garlic Bread Roasted Broccoli	2/7 Roasted Turkey w/ Gravy Stuffing Mashed Potatoes & Sweet Corn	2/8 Grilled Cheese w/ Tomato Soup Smiley Fries Celery Sticks w/ Dip V
2/11 Mozzarella Sticks w/ Marinara Sauce Carrots & Celery w/ Dip V	2/12 Triple Dipper Tuesday Chicken Bites Pretzel Bites French Fries	2/13 Chicken Parmesan over Pasta w/ Garlic Bread Sautéed Spinach & Garlic	2/14 Nacho Bar w/ Fixings Bar Pinto Beans Carrot Sticks V	2/15 Early Dismissal Grab & Go Chicken Patty, Burgers, Pizza, Subs & Salads
2/18 Presidents Day No School	2/19 Triple Dipper Tuesday Popcorn Chicken Biscuit Potato Wedges	2/20 Macaroni & Cheese Bar w/ Garlic Bread Sautéed Broccoli & Garlic V	2/21 Taco Bar w/ Hard or Soft Shells Spanish Rice Refried Beans V	2/22 Sweet & Sour Chicken Lo Mein w/ Mini Egg Roll Cucumber Coins
2/25 Burger Sliders Bar w/ Toppings Hash Brown Patties Celery Dippers	2/26 Triple Dipper Tuesday Mozzarella Sticks Mini Corn Dogs Smiley Fries	2/27 Home Made Baked Ziti w/ Garlic Bread Sautéed Spinach V	2/28 Chicken Fajita Bar w/ Spanish Rice & Refried Beans	

**Veggie Bar Offered Daily
Tossed Salad, Carrot & Celery Sticks, Lettuce, Tomatoes, Onions & Hot Peppers**