

## Southern Regional 9/10 High School March 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: Power Bowl

### GRILL

### EVERYDAY CHOICES

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

Monday: Jersey Burger  
Tuesday: Rib O Que Sandwich  
Wednesday: Chicken Bacon Cheddar Sandwich  
Thursday: Smokehouse 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			3/1 Twin Hot Dog w/ Toppings French Fries Green Beans
3/4 Chicken Sticks w/ Biscuit Sweet Potato Fries Carrot Sticks w/ Dip	3/5 Triple Dipper Tuesday Popcorn Chicken Pretzel Bites Waffle Fries	3/6 Pasta & Meatballs w/ Garlic Bread Sautéed Spinach <b>V</b>	3/7 Chinese Take Out Chicken & Broccoli w/ Fried Rice & Mini Egg Roll	3/8 Buffalo Chicken Flatbread w/ Smiley Fries BBQ Baked Beans
3/11 Grilled Cheese w/ Tomato Soup Carrots & Celery w/ Dip <b>V</b>	3/12 Triple Dipper Tuesday Chicken Nuggets Pretzel Stick Tater Tots	3/13 Chicken Mac Alfredo w/ Garlic Bread Roasted Broccoli	3/14 Loaded Tots w/ BBQ Turkey or Beef Taco Baked Beans Carrot Sticks <b>V</b>	3/15 Chicken Gyro Greek Fries Carrot & Celery Sticks w/ Dip
3/18 Mascot Burger w/ Sweet Potato Wedges Celery Dippers	3/19 Popcorn Chicken Bowl w/ Mashed Potatoes & Gravy Biscuit Sweet Corn	3/20 Chicken Parmesan Over Pasta w/ Garlic Bread or Sub Sautéed Broccoli & Garlic	3/21 Nacho Bar w/ Fixing Bar Spanish Rice Refried Beans <b>V</b>	3/22 Fish & Chips Basket w/ Cole Slaw Cucumber Coins
3/25 Mozzarella Sticks w/ Marinara Carrots & Celery Dippers	3/26 Triple Dipper Tuesday Popcorn Chicken Garlic Knots Smiley Fries	3/27 Macaroni & Cheese Bar w/ Dinner Roll Sautéed Spinach <b>V</b>	3/28 Taco Bar w/ Hard or Soft Shell Rice & Pinto Beans	3/29 Grilled Cheese w/ Tomato Soup Potato Wedges Carrots & Celery Dippers <b>V</b>

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