

Southern Regional 9/10 High School November 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	<div style="text-align: center; border: 1px solid black; border-radius: 15px; width: fit-content; margin: 0 auto; padding: 2px;">SALADS</div> 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: Rib O Que Sandwich
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		11/1 Nacho Bar w/ Fixings Salsa & Black Beans Spanish Rice <div style="text-align: center;">V</div>	11/2 Mozzarella Sticks w/ Marinara Sc. Green Beans Cucumber Coins <div style="text-align: center;">V</div>
11/5 School Closed	11/6 School Closed	11/7 School Closed	11/8 School Closed	11/9 School Closed
11/12 Slider Burger Bar w/ Cheese Hash Brown Potatoes Carrot Sticks	11/13 Triple Dipper Tuesday Corn Dogs, Mozzarella Sticks, Smiley Fries	11/14 Homemade Baked Ziti w/ Garlic Bread Sautéed Spinach & Garlic <div style="text-align: center;">V</div>	11/15 Taco Bar w/ Hard or Soft Shell w/ Fixings Bar Pinto Beans Carrot Sticks <div style="text-align: center;">V</div>	11/16 Roasted Turkey w/ Stuffing Roasted Corn Mashed Potatoes w/ Gravy
11/19 Grilled Cheese w/ Tomato Soup Sweet Potato Wedges Carrot Sticks w/ Dip <div style="text-align: center;">V</div>	11/20 Triple Dipper Tuesday Boneless Chicken Bites, Pretzel Stick & Waffle Fries	11/21 Early Dismissal Grab & Go Burgers Chicken Patties Salads Asst. Sandwiches & Pizza <div style="text-align: center;">V</div>	11/22 School Closed Happy Thanksgiving	11/23 School Closed
11/26 Mozzarella Sticks w/ Marinara Sc. Sweet Potato Rounds Carrot & Celery Sticks <div style="text-align: center;">V</div>	11/27 Triple Dipper Tuesday Chicken Nuggets, Pretzel Bites & Tater Tots	11/28 Chicken Mac Alfredo w/ Garlic Knots Sautéed Spinach Kale Salad	11/29 Herb Roasted Chicken w/ Corn Bread Baked Beans Mashed Potatoes w/ Gravy	11/30 Chicken Flatbread Roasted Veggies Carrot Sticks w/ Dip

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