

SOUTHERN REGIONAL HIGH SCHOOL

MEAL TICKETS MAY BE PURCHASED IN ADVANCE

AVAILABLE DAILY: ASST, FRUITS, VEGETABLE, WG BREAD, CHOICE OF 1% or FF FLAVORED MILK

	Monday 10/1	Tuesday 10/2	Wednesday 10/3	Thursday 10/4	Friday 10/5
Lunch: \$2.95 Premium: \$3.40					
FAVORITES 	Ravioli Bites w/ Garlic Bread & Marinara Sc. Sw. Potato Cross Tracks Spinach Salad Fruit 1% or FF Milk	Triple Dipper Tuesday Popcorn Chicken Pretzel Nuggets Potato Wedges Golden Corn Spinach Salad Fruit 1% or FF Milk	General Tso Chicken Fried Rice Chinese Vegetables Seasoned Broccoli Spinach Salad Fruit 1% or FF Milk	Taco Bar w/ Hard or Soft Shell w/ Fixings Salsa Latin Black Beans Spinach Salad Fruit 1% or FF Milk	Meatball Parmesan Sub French Fries Green Pepper Strips Spinach Salad Fruit 1% or FF Milk
GRILL 	Chicken Patty Parmesan Hamburgers Cheeseburger Glazed Carrots Spinach Salad Fruit 1% or FF Milk	Cheese Steak Hamburgers Cheeseburger Chicken Bacon Ranch Golden Corn Spinach Salad Fruit 1% or FF Milk	Buffalo Chicken Patty Hamburger Cheeseburger Seasoned Broccoli Spinach Salad Fruit 1% or FF Milk	Rib-a Que Sandwich Hamburger Smoke House Burger Salsa Latin Black Beans Spinach Salad Fruit 1% or FF Milk	Chicken Patty Hamburger Cheeseburger Green Pepper Strips Spinach Salad Fruit 1% or FF Milk
PIZZA 	Pepperoni Pizza Cheese Pizza ---- Glazed Carrots Spinach Salad Fruit 1% or FF Milk	Buffalo Chicken Pizza Cheese Pizza ---- Golden Corn Spinach Salad Fruit 1% or FF Milk	White Pizza Cheese Pizza BBQ Chicken Pizza ---- Seasoned Broccoli Spinach Salad Fruit 1% or FF Milk	Cheese Pizza Pepperoni Pizza ---- Salsa Latin Black Beans Spinach Salad Fruit 1% or FF Milk	Vegetable Pizza Cheese Pizza Meat Lovers Pizza Green Pepper Strips Spinach Salad Fruit 1% or FF Milk
PASTA 	Macaroni & Cheese w/ Dinner Roll ----- Glazed Carrots Spinach Salad Fruit 1% or FF Milk	Pasta Alfredo w/ Garlic Bread ---- Golden Corn Spinach Salad Fruit 1% or FF Milk	Pasta & Meatballs w/ Garlic Bread ----- Seasoned Broccoli Spinach Salad Fruit 1% or FF Milk	Ravioli w/ Dinner Roll --- Salsa Latin Black Beans Spinach Salad Fruit 1% or FF Milk	Baked Ziti w/ Garlic Bread --- Green Pepper Strips Spinach Salad Fruit 1% or FF Milk
SANDWICHES 	Wraps & Sandwiches WG Bread Or WG Hoagie Roll Glazed Carrots Spinach Salad Fruit 1% or FF Milk	Wraps & Sandwiches WG Bread Or WG Hoagie Roll Golden Corn Spinach Salad Fruit 1% or FF Milk	Wraps & Sandwiches WG Bread Or WG Hoagie Roll Seasoned Broccoli Spinach Salad Fruit 1% or FF Milk	Wraps & Sandwiches WG Bread Or WG Hoagie Roll Salsa Latin Black Beans Spinach Salad Fruit 1% or FF Milk	Wraps & Sandwiches WG Bread Or WG Hoagie Roll Green Pepper Strips Spinach Salad Fruit 1% or FF Milk
SALAD BAR 	Salad Bar \$3.40 Adults \$3.95 per lb. Dinner Roll Boxed Lunch: Hummus w/ Veggies	Salad Bar \$3.40 Adults \$3.95 per lb. Dinner Roll Boxed Lunch: Cheese & Crackers	Salad Bar \$3.40 Adults \$3.95 per lb. Dinner Roll Boxed Lunch: Hummus w/ Veggies	Salad Bar \$3.40 Adults \$3.95 per lb. Dinner Roll Boxed Lunch: Cheese & Crackers	Salad Bar \$3.40 Adults \$3.95 per lb. Dinner Roll Boxed Lunch: Hummus w/ Veggies
STUDENT LUNCH \$2.95 - PREMIUM LUNCH \$3.40					

CAFETERIA MANAGER: 11/12 Debbie Exel ext. 4419 Menu Subject to Change