

Southern Regional 9/10 High School January 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

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

SALADS

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	1/1 Happy New Year School Closed	1/2 Chicken Mac Alfredo Sautéed Broccoli w/ Garlic Bread	1/3 Nacho Bar w/ Fixings Salsa & Black Beans Spanish Rice V	1/4 Grilled Ham & Cheese Slaw Crabby Fries Cucumber Coins V
1/7 Hamburger Sliders w/ Toppings Hash Brown Patties Carrots & Celery Dippers	1/8 Popcorn Chicken Bowl w/ Dinner Roll Mashed Potatoes Sweet Corn & Gravy	1/9 Pasta Bar Choice of Meatballs or Alfredo w/ Dinner Roll Spinach V	1/10 Taco Bar w/ Hard or Soft Shell Southwest Black Beans V	1/11 Philly Cheesesteak w/ Peppers & Onions Smiley Fries
1/14 Mozzarella Sticks w/ Marinara Sauce Carrots & Celery w/ Dip V	1/15 Triple Dipper Tuesday Popcorn Chicken Pretzel Bites French Fries	1/16 Homemade Baked Ziti w/ Garlic Bread Sautéed Spinach & Garlic V	1/17 Nacho Bar w/ Fixings Bar Pinto Beans Carrot Sticks V	1/18 Chinese Chicken Take Out w/ Egg Roll Fried Rice Vegetables
1/21 MLK Day No School	1/22 Triple Dipper Tuesday Mozzarella Sticks Mini Corn Dogs Smiley Fries	1/23 Homemade Baked Ziti w/ Garlic Bread Sautéed Spinach & Garlic V	1/24 Chicken Fajitas w/ Hard or Soft Shells Bar Pinto Beans Carrot Sticks	1/25 Meatball Parmesan Sub w/ Onion Rings Cucumber Coins
1/28 Grilled Cheese w/ Tomato Soup Carrot & Celery Dippers V	1/29 Triple Dipper Tuesday Chicken Bites Pretzel Sticks Waffle Fries	1/30 General Tso Chicken & Broccoli Fried Rice	1/31 Build a Burrito Bowl Spanish Rice & Refried Beans	Lunch Available to All: Students Full: \$2.95 w/ Fries: \$3.40 Reduced: \$.40 Adult A la Carte: \$3.40

Veggie Bar Offered Daily

Tossed Salad, Carrot & Celery Sticks, Lettuce, Tomatoes, Onions & Hot Peppers