

Southern Regional 9/10 High School May 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: Bacon Cheese 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	5/1 Homemade Mac & Cheese w/ Garlic Bread Sautéed Spinach V	5/2 Taco Supreme w/ Hard or Soft Tortilla Spanish Rice Seasoned Beans	5/3 Chinese Chicken Take Out w/ Lo Mein Mini Egg Roll Chinese Vegetables
5/6 French Toast Sticks Sausage Patty Sweet Potato Fries Carrot Sticks w/ Dip V	5/7 Triple Dipper Tuesday Mozzarella Sticks Mini Corn Dogs Smile Fries	5/8 Homemade Baked Ziti w/ Garlic Bread Sautéed Spinach V	5/9 Popcorn Bowl Mashed Potatoes Corn & Gravy w/ Dinner Roll	5/10 Meatball Parmesan Sub w/ Smiley Fries BBQ Baked Beans
5/13 Grilled Cheese w/ Tomato Soup Cinnamon Sweet Potatoes V	5/14 Triple Dipper Tuesday Chicken Sticks Pretzel Stick Waffle Fries	5/15 Spaghetti & Meatballs w/ Garlic Bread Roasted Broccoli	5/16 Open Face Turkey Sandwich w/ Gravy & Mashed Potatoes Carrot Sticks	5/17 Mozzarella Sticks w/ Marinara Refried Beans Carrot & Celery Dippers V
5/20 Pulled BBQ Turkey Sliders Sweet Potato Rounds Carrot Sticks w/ Dip	5/21 Loaded Tots Toppings Bar w/ Buttermilk Biscuit Chilled Corn V	5/22 Chicken & Broccoli Alfredo w/ Garlic Bread Sautéed Spinach	5/23 Chicken & Waffles BBQ Baked Beans Carrot & Celery Dippers	5/24 Buffalo Chicken Flatbread Greek Fries Mixed Vegetables
5/27 School Closed Happy Memorial Day	5/28 Triple Dipper Tuesday Popcorn Chicken Pretzel Nuggets French Fries	5/29 Chicken Parmesan Sub or Over Pasta w/ Garlic Bread Roasted Broccoli	5/30 Nacho Bar w/ Toppings Mexican Rice Refried Beans V	5/31 Grilled Ham & Cheese w/ Smiley Fries Carrot & Celery Dippers

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