

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 1/28	Tuesday 1/29	Wednesday 1/30	Thursday 1/31	Friday 2/1
Lunch: \$2.95 Premium: \$3.40					
FAVORITES 	Chicken Tenders w/ Dinner Roll Sweet Potato Wedges Spinach Salad Fruit 1% or FF Milk	Triple Dipper Tuesday Boneless Chicken Sticks Pretzel Sticks & Waffle Fries Golden Corn Spinach Salad Fruit 1% or FF Milk	Beef Stir Fry Lo Mein w/ Egg Roll Seasoned Broccoli Spinach Salad Fruit 1% or FF Milk	Build a Burrito Bowl w/ Spanish Rice Refried Beans Spinach Salad Fruit 1% or FF Milk	Buffalo Chicken Flatbread Potato wedges Green Pepper Strips Spinach Salad Fruit 1% or FF Milk
GRILL 	Chicken Patty Parmesan Hamburgers Cheeseburger Sweet Potato Wedges 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 Refried Beans Spinach Salad Fruit 1% or FF Milk	Meatball Sub 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 ---- Refried 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/ Breadstick ---- Seasoned Broccoli Spinach Salad Fruit 1% or FF Milk	Cheese Tortellini w/ Dinner Roll --- Refried Beans Spinach Salad Fruit 1% or FF Milk	Homemade 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 Refried 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