

Southern Regional Middle School February 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: 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: 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	Lunch Available to All: Students Full: \$2.95 w/ Fries: \$3.40 Reduced: \$.40 Adult A la Carte: \$3.40			2/1 Buffalo Chicken Flatbread French Fries Green Beans
2/4 Chicken & Waffles BBQ Baked Beans Carrot Sticks w/ Dip	2/5 Triple Dipper Tuesday Chicken Nuggets Pretzel Bites Tater Tots	2/6 Chicken Mac Alfredo w/ Garlic Bread Roasted Broccoli	2/7 Roasted Turkey w/ Gravy Stuffing Mashed Potatoes & Sweet Corn	2/8 Grilled Cheese w/ Tomato Soup Smiley Fries Celery Sticks w/ Dip V
2/11 Mozzarella Sticks w/ Marinara Sauce Carrots & Celery w/ Dip V	2/12 Triple Dipper Tuesday Chicken Bites Pretzel Bites French Fries	2/13 Chicken Parmesan over Pasta w/ Garlic Bread Sautéed Spinach & Garlic	2/14 Nacho Bar w/ Fixings Bar Pinto Beans Carrot Sticks V	2/15 Early Dismissal No Lunch Service
2/18 Presidents Day No School	2/19 Triple Dipper Tuesday Popcorn Chicken Biscuit Potato Wedges	2/20 Macaroni & Cheese Bar w/ Garlic Bread Sautéed Broccoli & Garlic V	2/21 Taco Bar w/ Hard or Soft Shells Spanish Rice Refried Beans V	2/22 Sweet & Sour Chicken Lo Mein w/ Mini Egg Roll Cucumber Coins
2/25 Burger Sliders Bar w/ Toppings Hash Brown Patties Celery Dippers	2/26 Triple Dipper Tuesday Mozzarella Sticks Mini Corn Dogs Smiley Fries	2/27 Home Made Baked Ziti w/ Garlic Bread Sautéed Spinach V	2/28 Chicken Fajita Bar w/ Spanish Rice & Refried Beans	

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