

Southern Regional Middle School March 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: Smokehouse 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			3/1 Twin Hot Dog w/ Toppings French Fries Green Beans
3/4 Chicken Sticks w/ Biscuit Sweet Potato Fries Carrot Sticks w/ Dip	3/5 Triple Dipper Tuesday Popcorn Chicken Pretzel Bites Waffle Fries	3/6 Pasta & Meatballs w/ Garlic Bread Sautéed Spinach V	3/7 Chinese Take Out Chicken & Broccoli w/ Fried Rice & Mini Egg Roll	3/8 Buffalo Chicken Flatbread w/ Smiley Fries BBQ Baked Beans
3/11 Grilled Cheese w/ Tomato Soup Carrots & Celery w/ Dip V	3/12 Triple Dipper Tuesday Chicken Nuggets Pretzel Stick Tater Tots	3/13 Chicken Mac Alfredo w/ Garlic Bread Roasted Broccoli	3/14 Loaded Tots w/ BBQ Turkey or Beef Taco Baked Beans Carrot Sticks V	3/15 Chicken Gyro Greek Fries Carrot & Celery Sticks w/ Dip
3/18 Mascot Burger w/ Sweet Potato Wedges Celery Dippers	3/19 Popcorn Chicken Bowl w/ Mashed Potatoes & Gravy Biscuit Sweet Corn	3/20 Chicken Parmesan Over Pasta w/ Garlic Bread or Sub Sautéed Broccoli & Garlic	3/21 Nacho Bar w/ Fixing Bar Spanish Rice Refried Beans V	3/22 Fish & Chips Basket w/ Cole Slaw Cucumber Coins
3/25 Mozzarella Sticks w/ Marinara Carrots & Celery Dippers	3/26 Triple Dipper Tuesday Popcorn Chicken Garlic Knots Smiley Fries	3/27 Macaroni & Cheese Bar w/ Dinner Roll Sautéed Spinach V	3/28 Taco Bar w/ Hard or Soft Shell Rice & Pinto Beans	3/29 Grilled Cheese w/ Tomato Soup Potato Wedges Carrots & Celery Dippers V

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