

## Southern Regional Middle School November 2018

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:** Rib O Que Sandwich  
**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		11/1 Nacho Bar w/ Fixings Salsa & Black Beans Spanish Rice <b>V</b>	11/2 Mozzarella Sticks w/ Marinara Sc. Green Beans Cucumber Coins <b>V</b>
11/5 School Closed	11/6 School Closed	11/7 School Closed	11/8 School Closed	11/9 School Closed
11/12 Slider Burger Bar w/ Cheese Hash Brown Potatoes Carrot Sticks	11/13 Triple Dipper Tuesday Corn Dogs, Mozzarella Sticks, Smiley Fries	11/14 Homemade Baked Ziti w/ Garlic Bread Sautéed Spinach & Garlic <b>V</b>	11/15 Taco Bar w/ Hard or Soft Shell w/ Fixings Bar Pinto Beans Carrot Sticks <b>V</b>	11/16 Roasted Turkey w/ Stuffing Roasted Corn Mashed Potatoes w/ Gravy
11/19 Grilled Cheese w/ Tomato Soup Sweet Potato Wedges Carrot Sticks w/ Dip <b>V</b>	11/20 Triple Dipper Tuesday Boneless Chicken Bites, Pretzel Stick & Waffle Fries	11/21 Early Dismissal No Lunch Service	11/22 School Closed Happy Thanksgiving	11/23 School Closed
11/26 Mozzarella Sticks w/ Marinara Sc. Sweet Potato Rounds Carrot & Celery Sticks <b>V</b>	11/27 Triple Dipper Tuesday Chicken Nuggets, Pretzel Bites & Tater Tots	11/28 Chicken Mac Alfredo w/ Garlic Knots Sautéed Spinach Kale Salad	11/29 Herb Roasted Chicken w/ Corn Bread Baked Beans Mashed Potatoes w/ Gravy	11/30 Chicken Flatbread Roasted Veggies Carrot Sticks w/ Dip

### Veggie Bar Offered Daily

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