# **Southern Regional Middle School** October 2018

Questions, comments or concerns contact: Gary Haddad, Food Service Director at 609-597-9481 Ex. 4369



### **Handcrafted Deli Sandwiches**

**Assorted Deli Meats and Cheeses** In A Hurry? Check **Assorted Fresh Toppings and Spreads Out Some of Our Fast** Choice of Tuna or Egg Salad Daily **Take Sandwiches** 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 1: Week 2 Spinach Salad Week 3

Week 2: Week 3: Week 4:

Week 5:

Garden Salad w/ Cheese

Chef Salad

SALADS

Chicken Caesar Salad **Buffalo Chicken Salad Turkey BLT Salad** 



**Romaine Salad** 

Week 4 Spinach Salad

### **EVERYDAY CHOICES**

Hamburgers, Cheeseburgers, Breaded Chicken w/ Grain, Chicken Patty Sandwich

Jersey Burger Monday:

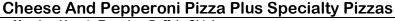
Tuesday: **Buffalo Chicken Patty** 

Wednesday: Chicken Bacon Cheddar Sandwich

**Turkey Club Sandwich** Thursday:

Pork Roll & Cheese on a Kaiser Friday:

## **Everyday Choices**



Monday: Veggie Tuesday: Buffalo Chicken Wednesday: White Pizza Thursday: Sausage Friday: Chicken Bacon Ranch



10/1 Ravioli Bites w/ Marinara Sauce Garlic Bread Celery Sticks w/ Dip	10/2 Triple Dipper Tuesday Popcorn Chicken Pretzel Nuggets Potato Wedges	10/2 Baked Buffalo Chicken Wrap w/ Toppings Oven Roasted Broccoli	10/3 Taco Bar w/ Hard or Soft Shell w/ Fixings Salsa & Black Beans Spanish Rice	10/4 General Tso Chicken Chinese Vegetables Fried Rice Cucumber Coins
10/8 Breakfast for Lunch Waffles w/ toppings bar Sausage Patty Sweet Potato Rounds	10/9 Triple Dipper Tuesday Mozzarella Sticks Mini Corn Dogs & Smile Fries	10/10 Home Style Baked Ziti w/ Garlic Bread Broccoli Dippers	10/11 Chicken Fajitas w/ Cilantro Lime Rice Seasoned Beans	10/12 Meatball Parmesan Sub Green Beans Celery Sticks French Fries
10/15 Grilled Cheese w/ Tomato Soup Cinnamon Sw. Potatoes Carrot Sticks	10/16 Triple Dipper Tuesday Boneless Chicken Bites, Pretzel Sticks & Waffle Fries	10/17 Spaghetti & Meatballs w/ Garlic Bread Sautéed Spinach & Garlic	10/18 Nacho Bar w/ Fixings Bar Pinto Beans Carrot Sticks	10/19 Early Dismissal No Lunch Service
10/22 BBQ Pulled Turkey Sandwich Sweet Potato Wedges Carrot Sticks w/ Dip	10/23 Triple Dipper Tuesday Chicken Nuggets, Pretzel Nuggets & Tater Tots	10/24 Chicken Mac Alfredo w/ Dinner Roll Tuscan Kale Salad Golden Corn	10/25 Chicken & Waffles Baked Beans Carrot Sticks	10/26 Chicken Gyros w/ Crabby Fries Peas & Carrots
10/29 Ham Egg & Cheese on a Bagel Sweet Potato Fries Carrot & Celery Sticks	10/30 Triple Dipper Tuesday Boneless Chicken Bites, Pretzel Bites & French Fries	10/31 Chicken Parmesan Sub Sautéed Spinach Kale Salad	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

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