

Southern Regional Middle School October 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: Turkey Club 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

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 V	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 V	10/9 Triple Dipper Tuesday Mozzarella Sticks Mini Corn Dogs & Smile Fries	10/10 Home Style Baked Ziti w/ Garlic Bread Broccoli Dippers V	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 V	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**