

## Southern Regional Middle School January 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	1/1 Happy New Year School Closed	1/2 Chicken Mac Alfredo Sautéed Broccoli w/ Garlic Bread	1/3 Nacho Bar w/ Fixings Salsa & Black Beans Spanish Rice <b>V</b>	1/4 Grilled Ham & Cheese Slaw Crabby Fries Cucumber Coins <b>V</b>
1/7 Hamburger Sliders w/ Toppings Hash Brown Patties Carrots & Celery Dippers	1/8 Popcorn Chicken Bowl w/ Dinner Roll Mashed Potatoes Sweet Corn & Gravy	1/9 Pasta Bar Choice of Meatballs or Alfredo w/ Dinner Roll Spinach <b>V</b>	1/10 Taco Bar w/ Hard or Soft Shell Southwest Black Beans <b>V</b>	1/11 Philly Cheesesteak w/ Peppers & Onions Smiley Fries
1/14 Mozzarella Sticks w/ Marinara Sauce Carrots & Celery w/ Dip <b>V</b>	1/15 Triple Dipper Tuesday Popcorn Chicken Pretzel Bites French Fries	1/16 Homemade Baked Ziti w/ Garlic Bread Sautéed Spinach & Garlic <b>V</b>	1/17 Nacho Bar w/ Fixings Bar Pinto Beans Carrot Sticks <b>V</b>	1/18 Chinese Chicken Take Out w/ Egg Roll Fried Rice Vegetables
MLK Day No School	1/22 Triple Dipper Tuesday Mozzarella Sticks Mini Corn Dogs Smiley Fries	1/23 Homemade Baked Ziti w/ Garlic Bread Sautéed Spinach & Garlic	1/24 Chicken Fajitas w/ Hard or Soft Shells Bar Pinto Beans Carrot Sticks	1/25 Meatball Parmesan Sub w/ Onion Rings Cucumber Coins
1/28 Grilled Cheese w/ Tomato Soup Carrot & Celery Dippers <b>V</b>	1/29 Triple Dipper Tuesday Chicken Bites Pretzel Sticks Waffle Fries	1/30 General Tso Chicken & Broccoli Fried Rice	1/31 Build a Burrito Bowl Spanish Rice & Refried Beans	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