

Southern Regional Middle School May 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: Bacon Cheese 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	5/1 Homemade Mac & Cheese w/ Garlic Bread Sautéed Spinach V	5/2 Taco Supreme w/ Hard or Soft Tortilla Spanish Rice Seasoned Beans	5/3 Chinese Chicken Take Out w/ Lo Mein Mini Egg Roll Chinese Vegetables
5/6 French Toast Sticks Sausage Patty Sweet Potato Fries Carrot Sticks w/ Dip V	5/7 Triple Dipper Tuesday Mozzarella Sticks Mini Corn Dogs Smile Fries	5/8 Homemade Baked Ziti w/ Garlic Bread Sautéed Spinach V	5/9 Popcorn Bowl Mashed Potatoes Corn & Gravy w/ Dinner Roll	5/10 Meatball Parmesan Sub w/ Smiley Fries BBQ Baked Beans
5/13 Grilled Cheese w/ Tomato Soup Cinnamon Sweet Potatoes V	5/14 Triple Dipper Tuesday Chicken Sticks Pretzel Stick Waffle Fries	5/15 Spaghetti & Meatballs w/ Garlic Bread Roasted Broccoli	5/16 Open Face Turkey Sandwich w/ Gravy & Mashed Potatoes Carrot Sticks	5/17 Mozzarella Sticks w/ Marinara Refried Beans Carrot & Celery Dippers V
5/20 Pulled BBQ Turkey Sliders Sweet Potato Rounds Carrot Sticks w/ Dip	5/21 Loaded Tots Toppings Bar w/ Buttermilk Biscuit Chilled Corn V	5/22 Chicken & Broccoli Alfredo w/ Garlic Bread Sautéed Spinach	5/23 Chicken & Waffles BBQ Smile Fries Baked Beans Celery Dippers	5/24 MS Picnic Grab & Go Lunch Hamburger / Cheeseburger Pizza / Chicken Patty
5/27 School Closed Happy Memorial Day	5/28 Triple Dipper Tuesday Popcorn Chicken Pretzel Nuggets French Fries	5/29 Chicken Parmesan Sub or Over Pasta w/ Garlic Bread Roasted Broccoli	5/30 Nacho Bar w/ Toppings Mexican Rice Refried Beans V	5/31 Grilled Ham & Cheese w/ Smiley Fries Carrot & Celery Dippers

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