# **Southern Regional Middle School** March 2019

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



In A Hurry? Check

**Out Some of Our Fast** 

**Take Sandwiches** 

#### **Handcrafted Deli 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 1: Week 2 Week 2: Spinach Salad

Week 3: Week 3 Week 4: **Romaine Salad** Week 5:

Week 4 Spinach Salad SALADS

Garden Salad w/ Cheese

Chef Salad

Chicken Caesar Salad **Buffalo Chicken Salad** 

Power Bowl



#### **EVERYDAY CHOICES**

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

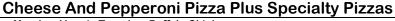
Jersey Burger Monday: Tuesday: Rib O Que Sandwich

Wednesday: Chicken Bacon Cheddar Sandwich

Smokehouse Burger Thursday:

Pork Roll & Cheese on a Kaiser Friday:

## **Everyday Choices**



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



	·			
3/4 Chicken Sticks w/ Biscuit Sweet Potato Fries Carrot Sticks w/ Dip	3/5 Triple Dipper Tuesday Popcorn Chicken Pretzel Bites Waffle Fries	3/6 Pasta & Meatballs w/ Garlic Bread Sautéed Spinach	3/7 Chinese Take Out Chicken & Broccoli w/ Fried Rice & Mini Egg Roll	3/8 Buffalo Chicken Flatbread w/ Smiley Fries BBQ Baked Beans
3/11 Grilled Cheese w/ Tomato	3/12 Triple Dipper Tuesday	3/13 Chicken Mac Alfredo w/	3/14 Loaded Tots w/ BBQ	3/15 Chicken Gyro Greek Fries
Soup Carrots & Celery w/	Chicken Nuggets Pretzel Stick Tater Tots	Garlic Bread Roasted Broccoli	Turkey or Beef Taco Baked Beans Carrot Sticks	Carrot & Celery Sticks w/
3/18	3/19	3/20	3/21	3/22
Mascot Burger w/ Sweet Potato Wedges Celery Dippers	Popcorn Chicken Bowl w/ Mashed Potatoes & Gravy Biscuit Sweet Corn	Chicken Parmesan Over Pasta w/ Garlic Bread or Sub Sautéed Broccoli & Garlic	Nacho Bar w/ Fixing Bar Spanish Rice Refried Beans	Fish & Chips Basket w/ Cole Slaw Cucumber Coins
3/25	3/26	3/27	3/28	3/29
Mozzarella Sticks w/ Marinara Carrots & Celery Dippers	Triple Dipper Tuesday Popcorn Chicken Garlic Knots Smiley Fries	Macaroni & Cheese Bar w/ Dinner Roll Sautéed Spinach	Taco Bar w/ Hard or Soft Shell Rice & Pinto Beans	Grilled Cheese w/ Tomato Soup Potato Wedges Carrots & Celery Dippers

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