

Southern Regional Middle School September 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

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

EVERYDAY CHOICES

GRILL

~~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

Breakfast Available to All: Students Full: \$1.75 Reduced: \$.30 Adult: \$ 2.25	9/4 Welcome Back! No School	9/5 Early Dismissal No Lunch	9/6 Early Dismissal No Lunch	9/7 Meatball Parm Sub w/ Crabby Fries Green Beans
9/10 Chicken Tenders w/ Dinner Roll Cinnamon Sw. Potatoes	9/11 General Tso Chicken & Broccoli w/ Fried Rice Golden Sweet Corn	9/12 Pasta & Meatballs w/ Garlic Bread Roasted Broccoli	9/13 Taco Bar w/ Hard or Soft Shell w/ Fixings Salsa & Black Beans Spanish Rice V	9/14 Buffalo Chicken Flatbread Celery Sticks Smiley Fries
9/17 BBQ Turkey Sliders w/ Baked Beans Sw. Potato Fries	9/18 Triple Dipper Tuesday Chicken Nuggets, Pretzel Nuggets & Tater Tots	9/19 Mac & Chicken Alfredo w/ Garlic Bread Sautéed Spinach & Garlic	9/20 Nacho Bar w/ Fixings Bar Pinto Beans Carrot Sticks	9/21 Grilled Ham & Cheese Cucumber Coins & Celery Sticks
9/24 Ram Burger Sweet Potato Wedges Carrot Sticks w/ Dip	9/25 Triple Dipper Tuesday Buffalo Chicken Bites, Pretzel Nuggets & French Fries	9/26 Chicken Parmesan Sub Tuscan Kale Salad Golden Corn	9/27 Taco Bar w/ Hard or Soft Shell w/ Fixings Salsa & Refried Beans Spanish Rice	9/28 Philly Cheesesteak w/ Toppings Peas & Carrots
Available Daily: Peanut Butter & Jelly Sandwich Bagel, Cereal & Yogurt Box V		Available Daily: Cheese & Soft Pretzel Box Fruit & Yogurt Parfait w/ Granola Hummus & Flatbread Box V		Lunch Available to All: Students Full: \$2.95 w/ Fries: \$3.35 Reduced: \$.40 Adult A la Carte: \$3.30

Veggie Bar Offered Daily

Tossed Salad, Carrot & Celery Sticks, Lettuce, Tomatoes, Onions & Hot Peppers