Southern Regional Middle School September 2018

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 2
Spinach Salad
Week 3
Week

Week 1: Week 2: Week 3: Week 4:

Week 5:

Garden Salad w/ Cheese

Chef Salad

SALADS

Chicken Caesar Salad Buffalo Chicken Salad Turkey BLT Salad



Romaine Salad

Week 4 Spinach Salad

EVERYDAY CHOICES

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

Monday: Jersey Burger

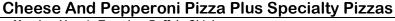
Tuesday: Buffalo Chicken Patty

Wednesday: Chicken Bacon Cheddar Sandwich

Thursday RYD Tyrkey Club Sandwich

Friday: Pork Roll & Cheese on a Kaiser

Everyday Choices



PIZZA

<u>Monday:</u> Veggie <u>Tuesday:</u> Buffalo Chicken <u>Wednesday:</u> White Pizza <u>Thursday:</u> Sausage <u>Friday</u>: 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	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		Available Daily: Cheese & Soft Pretzel Box Fruit & Yogurt Parfait w/ Granola Hummus & Flatbread Box		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