



December

2011

Pineland's Regional JHS

Lunch: \$ 2.40

(Eligible students may receive free or a .40 reduced lunch meal)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>More Info...</p> <p>The Grille:</p> <p>Cheeseburger/ Hamburger/ Chicken Patty/ Cheese Steak/ Spicy Chicken Patty</p> <p>Grab n Go Salads...</p> <p>Chef Chicken Ranch Garden Chicken Caesar Turkey Club Grilled Chicken Salad</p> <p>Deli Made 2 Order Everyday!!</p> <p>WW= Whole Wheat WG= Whole Grain</p> <p>A complete meal consists of an entrée, fruit, vegetable and or low-fat milk.</p>
<p>Soup is available everyday!!!</p>	<p>THE PIZZERIA... Everyday Choices: Cheese & Pepperoni</p>		<p>1 Spaghetti & Meatballs Served w/ WG Garlic Bread</p> <p><u>Fruit & Veggie Bar</u></p>	<p>2 Popcorn Chicken Served w/ Sweet Potatoes</p> <p><u>Fruit & Veggie Bar</u></p>	
<p>5 WG Chicken Nuggets Served W/ Coined Carrots</p> <p><u>Fruit & Veggie Bar</u></p>	<p>6 Nachos Grande Served w/ WG Rice, Corn & Refried Beans</p> <p><u>Fruit & Veggie Bar</u></p>	<p>7 Burger w/ the Works (Let, Tom, Cheese, Onion, Hot Peppers)</p> <p><u>Fruit & Veggie Bar</u></p>	<p>8 Baked Potato Bar Served w/ Assorted Toppings</p> <p><u>Fruit & Veggie Bar</u></p>	<p>9 Beef Bowl Served w/Mashed Potatoes Topped w/Cheddar Cheese</p> <p><u>Fruit & Veggie Bar</u></p>	
<p>12 BBQ Chicken, Stuffing Served W/ Steamed Spinach</p> <p><u>Fruit & Veggie Bar</u></p>	<p>13 Soft Tacos Served w/ WG Rice, Seasoned Beans & Corn</p> <p><u>Fruit & Veggie Bar</u></p>	<p>14 Stuffed Pizza Sticks & Dipping Sauce</p> <p><u>Fruit & Veggie Bar</u></p>	<p>15 Sweet n Sour Chicken Served w/ WG Rice & Oriental Veggies</p> <p><u>Fruit & Veggie Bar</u></p>	<p>16 Soft Tacos Served w/ WG Rice, Pinto Beans & Corn</p> <p><u>Fruit & Veggie Bar</u></p>	
<p>19 WG Chicken Nuggets Served W/ Green Beans</p> <p><u>Fruit & Veggie Bar</u></p>	<p>20 Chicken Quesadilla w/ WG Rice, Seasoned Pinto Beans & Corn</p> <p><u>Fruit & Veggie Bar</u></p>	<p>21 BBQ Rib Sandwich on a WG Bun Served w/ Mashed Potatoes</p> <p><u>Fruit & Veggie Bar</u></p>	<p>22 Lasagna Served w/ WG Garlic Bread</p> <p><u>Fruit & Veggie Bar</u></p>	<p>23 Early Dismissal</p>	
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	
<p>Enjoy your Winter Break!!!!</p>					



Special News...

***Just a reminder that you may apply for the National School Lunch Program for free and reduced priced Lunch at any time during the school year. Applications are available from your school or can be downloaded from our website at www.pinelandsregional.org. Completed applications can be submitted to student services or to the main office in your child's' school.

Menus are subject to change without notice.

