



February 2012

Pinelands Regional High School & JHS Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	More Info... The Grille: Cheeseburger/ Hamburger/ Chicken Patty Deli Made 2 Order Everyday!! New Everyday *** Made 2 order Salad Bar WW= Whole Wheat WG= Whole Grain All meals are served w/ a vegetable & fruit of the day along w/ a choice of low- fat milk.
THE PIZZERIA... Everyday Choices: Cheese, Pepperoni & Vegetable.		1 Grilled Cheese & Tomato Soup <u>Fruit & Veggie Bar</u>	2 Beefaroni Sweet Peas <u>Fruit & Veggie Bar</u>	3 (2) Chicken Drumsticks Garlic Mashed Potatoes & Gravy <u>Fruit & Veggie Bar</u>	
6 Chili Dog On a WW Bun Corn <u>Fruit & Veggie Bar</u>	7 Beef Nachos Let, Tomatoes & WG Rice <u>Fruit & Veggie Bar</u>	8 Open Hot Turkey Sandwich & Mashed Potatoes <u>Fruit & Veggie Bar</u>	9 Mediterranean Penne & Sautéed Spinach <u>Fruit & Veggie Bar</u>	10 Chicken Parmesan Sandwich on a WW Bun & Green Beans <u>Fruit & Veggie Bar</u>	
13 Meatballs & Brown Gravy Served over Egg Noodles w/Glazed Carrots <u>Fruit & Veggie Bar</u>	14 Beef & Bean Burrito w/ Corn & WG Rice <u>Fruit & Veggie Bar</u> Happy Valentine's Day	15 Homemade Baked Macaroni & Cheese & Stewed Tomatoes <u>Fruit & Veggie Bar</u>	16 Chicken Alfredo over Pasta & Steamed Broccoli <u>Fruit & Veggie Bar</u>	17 Inservice (No Students)	
20 Presidents' Day No School	21 Soft Tacos Let, Tomatoes & WG Rice <u>Fruit & Veggie Bar</u>	22 Chicken Cajun Honey Mustard Sandwich on a WG Bun <u>Fruit & Veggie Bar</u>	23 Red Beans, Sweet Corn, Sausage & WG Rice <u>Fruit & Veggie Bar</u>	24 Cajun Beef Burger Baked Fries <u>Fruit & Veggie Bar</u>	
27 Baked Potato Bar Served w/ Assorted Toppings <u>Fruit & Veggie Bar</u>	28 Beef Nachos Let, Tomatoes & WG Rice <u>Fruit & Veggie Bar</u>	29 Italian Burger Baked Fries <u>Fruit & Veggie Bar</u>			

Lunch: \$ 2.40

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

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 <https://sites.google.com/a/prsdnj.org/district-board-of-education/home/business-administration/fr-lunch..>

Menus are subject to change without notice.

