



Pinelands Regional High School

January 2012

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</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>All meals are served w/ a vegetable & fruit of the day along w/ a choice of low-fat milk.</p> |
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| <p>2</p> <p>Winter Break</p> <p>Happy New Year!!</p> | <p>3</p> <p>Turkey Corn Dog Mashed Potatoes</p> <p><u>Fruit & Veggie Bar</u></p> | <p>4</p> <p>Meatball Submarine Garden Salad</p> <p><u>Fruit & Veggie Bar</u></p> | <p>5</p> <p>Baked Ziti Served w/ WW Garlic Bread</p> <p><u>Fruit & Veggie Bar</u></p> | <p>6</p> <p>WW Grilled Cheese Served w/ Tomato Soup</p> <p><u>Fruit & Veggie Bar</u></p> | |
| <p>9</p> <p>BBQ Rib Sandwich on a WW Bun Caesar Salad</p> <p><u>Fruit & Veggie Bar</u></p> | <p>10</p> <p>Nachos Grande Served w/WG Rice & Seasoned Pinto Beans</p> <p><u>Fruit & Veggie Bar</u></p> | <p>11</p> <p>Turkey & Cheese Melt Served w/ Coleslaw</p> <p><u>Fruit & Veggie Bar</u></p> | <p>12</p> <p>Homemade Baked Macaroni & Cheese Served w/ WW Garlic Bread</p> <p><u>Fruit & Veggie Bar</u></p> | <p>13</p> <p>Crispy & Crunchy Chicken Tenders Mashed Potatoes</p> <p><u>Fruit & Veggie Bar</u></p> | |
| <p>16</p> <p>Martin Luther King Jr's Birthday...</p> <p>No School!</p> | <p>17</p> <p>Chicken Fajitas Served w/ WG Rice & Refried Beans</p> <p><u>Fruit & Veggie Bar</u></p> | <p>18</p> <p>Cheesesteak Hoagie W/ Let/Tom/Onion</p> <p><u>Fruit & Veggie Bar</u></p> | <p>19</p> <p>Pasta Bites & Chili</p> <p><u>Fruit & Veggie Bar</u></p> | <p>20</p> <p>Popcorn Chicken Bowl Served w/Mashed Potatoes Topped w/Cheddar Cheese</p> <p><u>Fruit & Veggie Bar</u></p> | |
| <p>23</p> <p>Sheppard's Pie Served W/ a WG Dinner Roll</p> <p><u>Fruit & Veggie Bar</u></p> | <p>24</p> <p>Quesadilla Served w/ WG Rice & Seasoned Pinto Beans</p> <p><u>Fruit & Veggie Bar</u></p> | <p>25</p> <p>Baked Potato Bar Served w/ Assorted Toppings</p> <p><u>Fruit & Veggie Bar</u></p> | <p>26</p> <p>Chicken Parmesan Served w/Spaghetti</p> <p><u>Fruit & Veggie Bar</u></p> | <p>27</p> <p>Breakfast for Lunch Cheese Omelet Turkey Sausage Links Baked Tater Puffs</p> <p><u>Fruit & Veggie Bar</u></p> | |
| <p>30</p> <p>Teriyaki Chicken Served over WG Rice Oriental Veggies <i>Fortune Cookie</i></p> <p><u>Fruit & Veggie Bar</u></p> | <p>31</p> <p>Soft Tacos Served w/ WG Rice & Refried Beans</p> <p><u>Fruit & Veggie Bar</u></p> | | <p>THE PIZZERIA... Everyday Choices: Cheese, Pepperoni & Vegetable.</p> | <p>Soup everyday!</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 <https://sites.google.com/a/prsdnj.org/district-board-of-education/home/business-administration/fr-lunch..>

Menus are subject to change without notice.

