




Pineland's Regional High School

November 2011

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</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</p> <p>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>1</p> <p>Soft Tacos Served w/ WG Rice, Pinto Beans & Corn</p> <p><u>Fruit & Veggie Bar</u></p>	<p>2</p> <p>Breakfast for Lunch Pancakes w/Syrup Turkey Sausage Links</p> <p><u>Fruit & Veggie Bar</u></p>	<p>3</p> <p>Ziti & Meat Sauce Served w/ a Bread Stick</p> <p><u>Fruit & Veggie Bar</u></p>	<p>4</p> <p>Beef Bowl Served w/Mashed Potatoes Topped w/Cheddar Cheese</p> <p><u>Fruit & Veggie Bar</u></p>	
<p>7</p> <p>Lasagna Served w/Caesar Salad</p> <p><u>Fruit & Veggie Bar</u></p>	<p>8</p> <p>Election Day No School</p>	<p>9</p> <p>Nachos Grande Served w/ WG Rice, Refried Beans & Corn</p> <p><u>Fruit & Veggie Bar</u></p>	<p>10</p> <p>NJEA Convention No School</p>	<p>11</p> <p>NJEA Convention No School</p>	
<p>14</p> <p>WG Chicken Nuggets Served W/ Green Beans</p> <p><u>Fruit & Veggie Bar</u></p>	<p>15</p> <p>Cheese Quesadilla w/ WG Rice, Refried Beans & Corn</p> <p><u>Fruit & Veggie Bar</u></p>	<p>16</p> <p>Stuffed Pizza Sticks & Dipping Sauce</p> <p><u>Fruit & Veggie Bar</u></p>	<p>17</p> <p>Thanksgiving Dinner for Lunch Turkey Ham, Stuffing, Coined Carrots & Mashed Potatoes w/Gravy</p> <p><u>Fruit & Veggie Bar</u></p>	<p>18</p> <p>Poppin Chicken Bowl Served w/Mashed Potatoes Topped w/Cheddar Cheese</p> <p><u>Fruit & Veggie Bar</u></p>	
<p>21</p> <p>Breakfast for Lunch Pancakes w/Syrup Turkey Sausage Links & Potato Starz</p> <p><u>Fruit & Veggie Bar</u></p>	<p>22</p> <p>Chicken Fajitas w/ WG Rice, Pinto Beans & Corn</p> <p><u>Fruit & Veggie Bar</u></p>	<p>23</p> <p>Early Dismissal</p>	<p>24</p> <p></p> <p>Happy Thanksgiving!!</p>	<p>25</p> <p></p> <p>Happy Thanksgiving!!</p>	
<p>28</p> <p>Hot Dog Bar Served w/ Toppings Sauerkraut/Onions Cheese/Relish</p> <p><u>Fruit & Veggie Bar</u></p>	<p>29</p> <p>Soft Tacos Served w/ WG Rice, Refried Beans & Corn</p> <p><u>Fruit & Veggie Bar</u></p>	<p>30</p> <p>Chicken Parmesan Served w/ Spaghetti</p> <p><u>Fruit & Veggie Bar</u></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.

