



# Pineland's Regional High School

October 2011

Lunch: \$ 2.40

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>More Info...</b></p> <p><b>The Grille:</b></p> <p>Cheeseburger/ Hamburger/ Chicken Patty/ Cheese Steak</p> <p><b>Grab n Go Salads...</b></p> <p>Chef Chicken Ranch Garden Chicken Caesar Turkey Club Grilled Chicken Salad</p> <p><b>Deli Made 2 Order Everyday!!</b></p> <p>WW= Whole Wheat WG= Whole Grain</p>
<p><b>3</b></p> <p><b>Breakfast for Lunch</b> Pancakes w/Syrup Turkey Sausage Links</p> <p><u>featured sides</u> Baked Potato Starzs Diced Peaches</p>	<p><b>4</b></p> <p>Soft Tacos Served w/ WG Rice &amp; Refried Beans</p> <p><u>featured sides</u> Let/ Salsa/ Cheese Corn / Orange Wedges</p>	<p><b>5</b></p> <p>Meatball Submarine</p> <p><u>featured sides</u> Potato Wedges Celery Sticks Banana</p>	<p><b>6</b></p> <p>Italian Pasta &amp; Meat Sauce Served w/ WW Garlic Bread</p> <p><u>featured sides</u> Steamed Spinach Green Beans Grapes</p>	<p><b>7</b></p> <p>WW Grilled Cheese Served w/Tomato Soup</p> <p><u>featured sides</u> Garden Salad Applesauce</p>	
<p><b>10</b></p> <p><b>Columbus Day No School In-Service</b></p>	<p><b>11</b></p> <p>Nachos Grande Served w/WG Rice &amp; Seasoned Pinto Beans</p> <p><u>featured sides</u> Let/ Salsa/ Cheese Corn / Orange</p>	<p><b>12</b></p> <p>Stuffed Pizza Sticks &amp; Dipping Sauce</p> <p><u>featured sides</u> Zucchini Coins Cucumber Salad Banana</p>	<p><b>13</b></p> <p>Homemade Baked Macaroni &amp; Cheese Served w/ WW Garlic Bread</p> <p><u>featured sides</u> Green Beans Fresh Tomato Wedges Grapes</p>	<p><b>14</b></p> <p>Chicken Tenders</p> <p><u>featured sides</u> Mashed Potatoes &amp; Gravy Applesauce</p>	
<p><b>17</b></p> <p>Hotdog Bar Served w/ <b>Toppings</b> Sauerkraut/Onions Cheese/Relish</p> <p><u>featured sides</u> Baked Beans Coined Carrots Diced Peaches</p>	<p><b>18</b></p> <p>Chicken Fajitas Served w/ WG Rice &amp; Refried Beans</p> <p><u>featured sides</u> Let/ Salsa/ Cheese Corn / Orange Wedges</p>	<p><b>19</b></p> <p>Homemade Meatloaf Served w/ a Breadstick</p> <p><u>featured sides</u> Potato Wedges Celery Stick Banana</p>	<p><b>20</b></p> <p>Cheese Ravioli Served w/ WW Garlic Bread</p> <p><u>featured sides</u> Green Beans Fresh Tomato Wedges Grapes</p>	<p><b>21</b></p> <p>Popcorn Chicken Bowl Served w/Mashed Potatoes Topped w/Cheddar Cheese</p> <p><u>featured sides</u> Broccoli Tops Applesauce</p>	
<p><b>24</b></p> <p><b>Breakfast for Lunch</b> French Toast Sticks w/Syrup Turkey Sausage Links</p> <p><u>featured sides</u> Baked Potato Starzs Diced Peaches</p>	<p><b>25</b></p> <p>Quesadilla Served w/ WG Rice &amp; Seasoned Pinto Beans</p> <p><u>featured sides</u> Let/ Salsa/ Cheese Corn / Orange Wedges</p>	<p><b>26</b></p> <p><b>Baked Potato Bar Served w/ Assorted Toppings</b></p>	<p><b>27</b></p> <p>Chicken Parmesan Served w/Spaghetti &amp; WW Garlic Bread</p> <p><u>featured sides</u> Green Beans Fresh Tomato Wedges Grapes</p>	<p><b>28</b></p> <p>WG Chicken Nuggets</p> <p><u>featured sides</u> Mashed Potatoes &amp; Gravy Applesauce</p>	
<p><b>31</b></p> <p>Sweet n Sour Chicken Served w/WG Rice <b>Fortune Cookie</b></p> <p><u>featured sides</u> Oriental Veggies Pepper Strips Diced Peaches</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.pinelandregion.org](http://www.pinelandregion.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.

