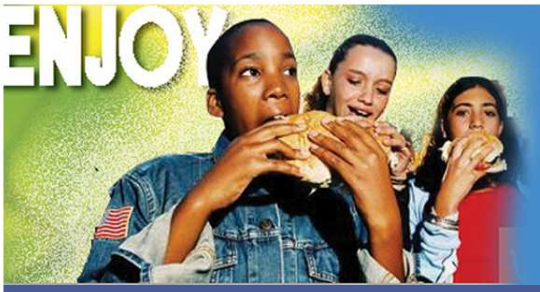

January 2012

Pinelands Regional JHS

Lunch: $ 2.40

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Winter Break** **Happy New Year!**	**3** WW Grilled Cheese Served w/ Cream of Tomato Soup **Fruit & Veggie Bar**	**4** Meatball Submarine Garden Salad **Fruit & Veggie Bar**	**5** Baked Ziti Served w/ WW Garlic Bread **Fruit & Veggie Bar**	**6** Turkey Corn Dog Mashed Potatoes **Fruit & Veggie Bar**
9 BBQ Rib Sandwich on a WW Bun Caesar Salad **Fruit & Veggie Bar**	**10** Nachos Grande Served w/WG Rice & Seasoned Pinto Beans **Fruit & Veggie Bar**	**11** Turkey & Cheese Melt Served w/ Coleslaw **Fruit & Veggie Bar**	**12** Homemade Baked Macaroni & Cheese Served w/ WW Garlic Bread **Fruit & Veggie Bar**	**13** Crispy & Crunchy Chicken Tenders Mashed Potatoes **Fruit & Veggie Bar**
16 **Martin Luther King Jr's Birthday…** **No School!**	**17** Chicken Fajitas Served w/ WG Rice & Refried Beans **Fruit & Veggie Bar**	**18** Cheesesteak Hoagie W/ Let/Tom/Onion **Fruit & Veggie Bar**	**19** Pasta Bites & Chili **Fruit & Veggie Bar**	**20** Popcorn Chicken Bowl Served w/Mashed Potatoes Topped w/Cheddar Cheese **Fruit & Veggie Bar**
23 Turkey Roast Mashed Potatoes & Gravy Served W/ a WG Dinner Roll **Fruit & Veggie Bar**	**24** Quesadilla Served w/ WG Rice & Seasoned Pinto Beans **Fruit & Veggie Bar**	**25** **Baked Potato Bar Served w/ Assorted Toppings** **Fruit & Veggie Bar**	**26** Chicken Parmesan Served w/Spaghetti **Fruit & Veggie Bar**	**27** ***Breakfast for Lunch*** Cheese Omelet Turkey Sausage Links Baked Tater Puffs **Fruit & Veggie Bar**
30 Teriyaki Chicken Served over WG Rice Oriental Veggies ***Fortune Cookie*** **Fruit & Veggie Bar**	**31** Soft Tacos Served w/ WG Rice & Refried Beans **Fruit & Veggie Bar**		**THE PIZZERIA…** Everyday Choices: Cheese, Pepperoni & Vegetable.	**Soup everyday!**

More Info…

The Grille:

Cheeseburger/ Hamburger/ Chicken Patty

Grab n Go Salads…

Chef
Chicken Ranch
Garden
Chicken Caesar
Turkey Club
Grilled Chicken Salad

Deli Made 2 Order Everyday!!

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.

12 SPOT

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.

ARAMARK EDUCATION