



October 2011

Pineland's Regional Jr. High School

Lunch: \$ 2.40

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

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



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.

