



January 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	More Info... All meals served with a vegetable and fruit of the day along with a choice of the following types of milk. 1% White Milk Skim Milk 1% Chocolate Milk Items available every day include: Hamburgers, Cheeseburgers, & Chicken Patty sandwiches Salad selections include Chicken Caesar & Chef Salads. Cheese Pizza Vegetable Pizza Pepperoni Pizza Made to Order Deli Sandwiches Reduced Lunch .40 Paid Lunch \$2.35 Adult Lunch \$3.25 Parents or Guardians you can pre pay for your child's Breakfast or Lunch by sending in a check made payable to: <i>Pinelands Regional School District</i>
	<u>Soup of the week</u> <i>Jan 4-8</i> Chicken Noodle <i>Jan 11-15</i> Beef Barley	<u>Soup of the week</u> <i>Jan 19-22</i> Turkey & Rice <i>Jan 25</i> Tomato		1 	
4 Pasta W/ Meatballs Chicken Parmesan Turkey Caesar Wrap Buffalo Chicken Salad Cheeseburger Pizza	5 Grilled Cheese W/ Tomato Soup Philly Cheesesteak Sante Fe Wrap Turkey Chef Salad Sausage Pizza	6 Beef Tacos Hot Ham & Cheese on a Bagel Turkey & Cheddar Mediterranean Chicken Salad Cheeseburger Pizza	7 Chicken Cacciatore Over Brown Rice Corn Dog Italian Sub Pesto Pasta Salad Chicken Parm Pizza	8 Topped Baked Potato Popcorn Chicken Egg Salad Pocket Baja Chicken Salad Meatball Stromboli	
11 Baked Italian Ziti W/ Garlic Bread Bacon Cheeseburger Southwest Beef Wrap Tuna Salad Platter Hawaiian Pizza	12 BBQ Beef Bowl Mozzarella Sticks Honey Chicken Wrap Turkey & Ham Chef Salad Chicken Alfredo Pizza	13 Chicken Quesadilla Rice BBQ Pork Riblet Turkey Pocket Turkey Chef Salad BBQ Chicken Pizza	14 Spaghetti W/ Meatballs Turkey Burger Turkey Caesar Wrap Fruit & Cheddar Platter Cheeseburger Pizza	15 Roasted Turkey w/ Mashed Potatoes <i>Spicy</i> Chicken Patty All American Wrap Thai Chicken Salad Pepperoni Stromboli	
18 No School Martin Luther King Day	19 Baked Breaded Chicken Meatball Sub Southwest Beef Wrap Ham Chef Salad Sausage Pizza	20 Beef & Bean Nanchos Italian Burger Buffalo Chicken Wrap Southwest Chicken Salad Meatball Pizza	21 Beef-A-Roni Chili Dog Chicken Rumba Wrap Chicken Caesar Chicken Fajita Pizza	22 Country Chicken Bowl Chicken Cheddar BBQ Sante Fe Wrap Buffalo Chicken Salad Cheeseburger Stromboli	
25 Baked BBQ Chicken Sloppy Joe Major Ham Wrap Ham Caesar Salad Meat Lover's Pizza	26 No Lunch 1/2 Day	27 No Lunch 1/2 Day	28 No Lunch 1/2 Day	29 No Lunch 1/2 Day	

Pinelands Regional High School Lunch Menu



Special News...

Happy New Year to all Students & Staff !!

Menus are subject to change without notice.

