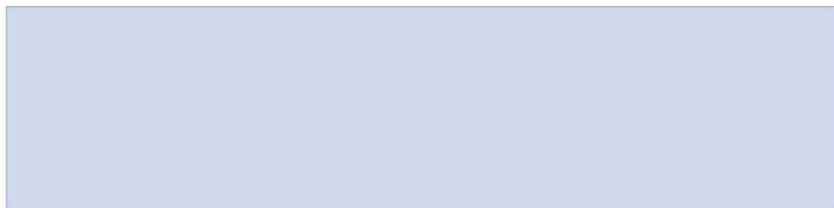




October 2009

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>
			1 Home-style Meatloaf Chicken Cheddar BBQ All American Wrap Turkey Chef Salad Cheeseburger Pizza	2 Roast Pork BBQ Chicken Crazy Club Turkey Caesar Wrap Fruit & Cheddar Platter	
5 Staff in-Service ½ Day	6 Country Chicken Bowl Pepper Steak burger Sante Fe Wrap Sesame Noodle Salad Sausage Pizza	7 Spaghetti & Meat Sauce Chicken Cordon Bleu Major Ham Wrap Cobb Salad Chicken Fajita Pizza	8 Beef Tacos Chicken Parmesan Sandwich Turkey & Cheddar Mediterranean Chicken Salad Meatball Pizza	9 Sheppard's Pie BBQ Pork Riblet on a Roll Egg Salad Pocket Baja Chicken Salad Chicken Parm Pizza	
12 Columbus Day No School 	13 Chicken Teriyaki w/ Brown Rice Italian Burger Chicken Salad Pocket Chicken Ranch Salad Taco Pizza	14 Baked BBQ Chicken w/ parsley noodles Philly Steak Sub Asian Chicken wrap Ham Caesar Salad Meat Lover's Pizza	15 Penne Pasta W/ Meatballs Chicken Crazy Club Turkey Caesar Wrap Fruit & Cheddar Platter Hawaiian Pizza	16 Beef & Bean Nanchos BBQ Pork Riblet on a Roll Egg Salad Pocket Baja Chicken Salad Chicken Parm Pizza	
19 Macaroni & Cheese Meatball Parm Hero Sesame Chicken Wrap Beef Taco Salad Buffalo Chicken Pizza	20 BBQ Beef Bowl Chicken BLT Sandwich Honey Chicken Wrap Turkey & Ham Chef Salad Sausage & Pepperoni Pizza	21 Roasted Turkey w/ Mashed Potatoes Sloppy Joe Sandwich Buffalo Chicken Wrap Thai Chicken Salad Chicken BBQ Pizza	22 Pasta W/ Meat Sauce Chicken Cordon Bleu Major Ham Wrap Cobb Salad Chicken Fajita Pizza	23 Salisbury Steak Bacon Swiss Burger Chicken Rumba Wrap Tuna Salad Platter Bacon Pizza	
26 General Tso Chicken W/ Brown Rice Pizza Burger Southwest Beef Wrap Chicken & Pasta Salad BBQ Beef Pizza	27 Chicken Quesadilla W/ Loco Rice Philly Steak Wrap Turkey Pocket Turkey Chef Salad Cheeseburger Pizza	28 Baked Italian Ziti W/ Garlic Bread Sloppy Joe Melt Italian Sub Chicken Taco Salad Roasted Vegetable Pizza	28 Baked Breaded Chicken Popcorn chicken All American Wrap Sesame Noodle Salad Sausage Pizza	30 Chili Con Carne Fish Fillet Sandwich w/ Lettuce & Tomato Ham & Mozzarella Pocket Southwest Chicken Salad White Pizza	

Pinelands Regional High School Lunch Menu



Menus are subject to change without notice.

