

South Brunswick Middle School

MARCH 2010...National Nutrition Month..Herbs & Spice Month



SPICE UP YOUR LIFE & TRY THE DIFFERENT FLAVORS OF HERBS/SPICES WE OFFER IN OUR MEALS THIS MONTH!!

SIZZLE



FRESH GRILLE BUNDLE MEALS

Includes choice of fruit and milk

Monday

Cheesesteak Wrap



Tuesday

BBQ. PORK SANDWICH

Wednesday

CHICKEN FAJITA WITH CORN CHIPS

Thursday

BUFFALO CHICKEN TENDERS WITH CORN

Friday

Fishwich (Oven Fried Fish Sandwich)

STUDENT LUNCH PRICE....\$1.95

STAFF LUNCH PRICE....\$2.75

Menu subject to Change depending on product availability.

MONDAY	PASTA-BILITIES TUESDAY	Home-Style WEDNESDAY	CASA Amigos! THURSDAY	(Herb & Spice Month) FRIDAY
1 Mac & Cheese Bowl CREAMY MAC & CHEESE CHICKEN POPPERS GREEN BEANS BUTTERMILK BISCUIT	2 BARILLA PLUS PENNE MARINARA OR ALFREDO SAUCE CHICKEN CACCIATORE ITALIAN VEGETABLE WARM BREAD STICK FRESH PEAR 	3 HERBED ROAST CHICKEN CHERRY GLAZE MASHED POTATO MIXED VEGETABLE CINNAMON PEACHES	4 ON THE BOARDWALK HOT DOG BAR TURKEY CHILI SAUERKRAUT POTATO & PEPPERS TOPPING COLESLAW BAKED BEANS	5 FISH & CHIPS OVEN FRIED FISH FILET POTATO WEDGES CHEESESAUCE PEAS/CARROTS WHOLE WHEAT DINNER ROLL
8 BUFFALO BOWL BUFFALO CHICKEN TENDERS ROASTED CORN CELERY STICKS & RANCH DRESSING APPLESAUCE WW. DINNER ROLL	9 ROTELLI OR BARILLA PLUS SPAGHETTIL. CHOICE OF MARINARA OR ALFREDO MEATBALLS BROCCOLI CAESAR SALAD GOLDEN BREAD STICK	10 PHILADELPHIA STYLE CHEESE STEAK WITH PEPPERS, ONIONS, MUSHROOMS AND CHEESESAUCE POTATO NUGGETS PEARS	11 CHICKEN & CHEESE QUESADILLA TEX MEX BEANS SPANISH RICE CINNAMON PEACHES 	12 SOUP BOWL CREAM OF TOMATO GRILLED CHEESE OR GRILLED CHEESE WITH HAM CARROT STICKS APPLESAUCE
15 SPICED CURRY BOWL CURRY CHICKEN WITH RAISINS BROWN RICE CARROTS WW.DINNER ROLL	16 BARILLA PLUS SHELLS MARINARA OR PESTO GRILLED CHICKEN BREAD ITALIAN STYLE VEGETABLES GARLIC BREAD	17 St. Patty's Day Corned Beef & Cabbage Red skin Potato Green Beans Irish Raisin Scone 	18 CILANTRO LIME MARINATED CHICKEN WITH PEPPERS/ONIONS SPANISH RICE MEXICALI BEANS CINNAMON CHURRO Xrds North...Identify the herbs/spices in the café display today!!	19 BREAKFAST FOR LUNCH CINNAMON FRENCH TOAST BACON OR SAUSAGE PEACHES... Xrds South...Identify the Herbs/Spices in the Café Display Today!!!!
22 NACHO BOWL CORN TORTILLA TURKEY CHILI OR REFRIED BEANS CHEESESAUCE PEACHES	23 EARLY RELEASE BAKED CHEESE ZITI MEATBALLS ASST. VEGETABLE BREADSTICK CAESAR SALAD 	EARLY RELEASE 24 BREAKFAST FOR LUNCH BREAKFAST BURRITO EGGS, CHEESE & HAM PEACHES POTATO NUGGETS 	EARLY RELEASE 25 TRIPLE DIPPERS CHICKEN TENDERS PRETZEL NUGGET POTATO SMILE CHEESESAUCE COLESLAW	EARLY RELEASE 26 STUFF YOUR SPUD BAKED POTATO BAR BROCCOLI CHEDDAR CHILI GARDEN SALAD
29 SCHOOL NOT IN SESSION	30 SPRING RELEASE	CAN YOU IDENTIFY THE HERB OR SPICE????		CHECK OUT THE DISPLAY TABLE NORTH 3/18 SOUTH 3/19

Outtakes

- Includes Choice of Crackers & Milk
- Monday
Chef Salad
- Tuesday
Greek Pasta Salad
- Wednesday
CHICKEN CAESAR SALAD
- Thursday
Popcorn Chicken Salad
- Friday
TUNA GARDEN SALAD

Complete meals include Meat/ Meat alternate, Bread/Grain, choice of Vegetable or Side Salad, Fruit or 100% Juice and Chocolate, Strawberry, Skim or 1% Milk

BAKE

- Available Daily Plain Pizza & Pepperoni Pizza
Includes Choice of Vegetable, Fruit & Milk
- Daily Specials:
Mondays MEATBALL PIZZA
- Tuesdays Buffalo Chicken Stromboli
- Wednesdays White Pie with Spinach
- Thursdays CHEESE CALZONE
- Friday
VEGETABLE PIZZA ON WHOLE WHEAT CRUST

Taste

- Available Daily.....
HAMBURGER, CHEESEBURGER,
CHICKEN PATTY
- OR CHOOSE FROM OUR DAILY SPECIALS..
(INCLUDES CHOICE OF VEGETABLE, FRUIT & MILK)
- MON...CHICKEN PARMESAN HOAGIE
TUES...TWIN HOT DOGS
WED....BBQ. RIBLET HOAGIE
THURS..MEATBALL PARMESAN HOAGIE
FRIDAY...EGGPLANT PARMESAN HOAGIE



Ham, Turkey, Tunafish, Egg Salad, Italian Hoagie, Cheese Bagel available daily.
Daily Specials (include choice of fruit & milk)
Mon; Egg Salad & Bacon Wrap Tues; Grilled Chicken with pesto mayo on roll Wed; Turkey Bagel Club
Thurs; Chicken Caesar Wrap Friday; Tuna Hoagie