

# Red Bank Regional H.S. Menu February 2012

BLACK HISTORY MONTH – Celebrating Famous African-Americans



\$2.50 Student \$3.00 Adult  
Offered with Low Fat Milk

Includes Fresh Fruit

Feb 1-3

**Wed - Testing**

**Thurs- Spuds Bowl** Crispy Chicken, Cheddar Cheese, Mashed Potatoes, Gravy, Corn, Homemade Biscuit

**Fri - Super Bowl Friday - Hamburger/Cheeseburger or Veggie burger - Potato Wedges and Tossed Salad**

Feb 6-10

**Mon- Nacho Bar**-Taco Meat, Salsa, Shredded Cheese, Tomato, Black Beans with Rice, Corn

**Tue** Chicken Tenders, French Fries Tossed Salad, Breadstick

**Wed** - Taco Pie / Rice and Beans

**Thurs - Spuds Bowl** Crispy Chicken, Cheddar Cheese, Mashed Potatoes, Gravy, Corn, Homemade Biscuit

**Fri** Chicken Parm/ Side of Pasta with Marinara and Garlic Bread

Feb 13-17

**Mon- Nacho Bar**-Taco Meat, Salsa, Shredded Cheese, Tomato, Black Beans with Rice, Corn

**Tues** Chicken Tenders, French Fries Tossed Salad, Breadstick

**Wed** - Roast Chicken, Mashed Potato and Green Beans

**Thurs - Spuds Bowl** Crispy Chicken, Cheddar Cheese, Mashed Potatoes, Gravy, Corn, Homemade Biscuit

**Fri** - Spaghetti with Meat sauce or Marinara, Side of Veg and Garlic Bread

Feb 20-24

**Mon-Tues School Closed for Presidents Day**

**Wed**- BBQ Chicken, Mashed Potato and Collard Greens

**Thursday - Spuds Bowl** Crispy Chicken, Cheddar Cheese, Mashed Potatoes, Gravy, Corn, Homemade Biscuit

**Fri** -Chicken Burrito, Rice and Beans

Feb 27-29

**Mon- Nacho Bar**-Taco Meat, Salsa, Shredded Cheese, Tomato, Black Beans with Rice, Corn

**Tues**- Chicken Tenders, French Fries Tossed Salad, Breadstick

**Wed**- Beef Lasagna, Garlic Bread, Green Beans with Olive Oil and Garlic

## SERVED DAILY

### THE FRESH GRILLE

AVAILABLE DAILY

Hamburgers, Cheeseburgers,

Chicken Patty Sandwiches

\$2.50 Student \$3.00 Adult

Offered with Milk

Fruit & Tossed Salad

We are proud to introduce



Boar's Head

Premium Sandwiches Made to Order-

Choose from Sausalito Turkey, Buffalo Chicken, Black Forest Ham, Deluxe Roast Beef, Genoa Salami

Meunster, Pepperjack and, Provolone Cheeses Lettuce, Tomato, Onion and a Fresh Deli Salad Daily!

Hoagie or Kaiser Roll / Whole Wheat \$4.00 Student \$4.50 Adult - Offered with, lettuce & tomato, fruit & milk.

#### Premium Lunch

Chicken Caesar Salad  
Turkey BLT Salad  
Chef Salad  
Crispy Chicken Wrap  
Tuna Salad Bowl

Premium Salads  
Offered with Crackers  
& Choice of Dressing  
Student \$3.50  
Student Ala Carte  
\$3.75  
Adult \$4.00  
Fruit & Milk Included

Soup = \$1.60



Brooklyn Style Rolled Crust Pizza!

Featured Daily

Plain Pizza

Pepperoni Pizza

Specials

Chefs Special Pizza available every day

\$2.50 Student \$3.00 Adult

Offered with Tossed Salad, Fruit and Milk

**Fresh Salad Bar Available-  
Choose from Daily Themed  
Salads.**

**Check out our Chef's Special Station-  
Chef's menu changes daily**

Includes your choice of Milk - 1%, Skim, or  
1% Chocolate  
Lactaid available

**FRESH SUSHI OFFERED EVERY OTHER  
TUESDAY!**

**Seasonal Fresh Fruit  
Available Every Day!!**

Menu Subject to Change Due to Product Availability