

Red Bank Regional H.S. Menu May



\$2.50 Student \$3.00 Adult
Offered with choice of
Low Fat Milk, Fat-Free or
Lactaid-Fresh Fruit

May 1 - 4

Tues –Chicken Tenders, French Fries, Green Beans, Breadstick
Wed- Chicken Chimichanga, Rice and Beans, Steamed Broccoli
Thurs- Spuds Bowl: Chicken, Garlic Mashed Potatoes,
Cheddar Cheese, Gravy, Sweet Corn, Homemade Biscuit
Fri- Baked Ziti- Sautéed Green Beans and Garlic Bread

May 7 - 11

Mon- Nacho Bar - Turkey Taco Meat, Salsa, Shredded
Cheddar, Lettuce Black Beans and Rice , Steamed Broccoli
Tues - Chicken Tenders, French Fries, Green Beans, Breadstick
Wed- Beef Burrito, Rice and Beans , Romaine Salad
Thurs- Spuds Bowl: Crispy Chicken, Mashed Potatoes,
Cheddar Cheese, Gravy, Sweet Corn, Homemade Biscuit
Fri - Open faced Turkey Sandwich, Mashed Potato,
Gravy, Glazed Carrots

May 14 – 18

Mon- Nacho Bar - Turkey Taco Meat, Salsa, Shredded
Cheddar, Lettuce Black Beans and Rice , Steamed Broccoli
Tues - Chicken Tenders, French Fries, Green Beans, Breadstick
Wed BBQ Chicken, Glazed Carrots, Pasta Salad
Thursday - Spuds Bowl Crispy Chicken, Mashed Potatoes,
Cheddar Cheese, Gravy, Corn, Homemade Biscuit
Fri-

May 21 – 25

Mon- Nacho Bar-Turkey Taco Meat, Salsa, Shredded
Cheese, Black Beans with Rice, Steamed Broccoli
Tues- Chicken Tenders, French Fries, Green Beans, Breadstick
Wed-Turkey Burger, Potato Wedges, Cole Slaw
Thursday - Spuds Bowl Crispy Chicken, Mashed Potatoes,
Cheddar Cheese, Gravy, Corn, Homemade Biscuit
Fri – Burger Bar – Hamburgers, Cheeseburgers, and Veggie
Burgers, with all the Fixins

May 28 - 31

Mon – **School Closed for Memorial day**
Tues - Chicken Tenders, French Fries, Green Beans, Breadstick
Wed- Turkey Reubens , Hash Browns, Broccoli
Thursday - Spuds Bowl Crispy Chicken, Cheddar Cheese,
Mashed Potatoes, Gravy, Corn, Homemade Biscuit

SERVED DAILY



AVAILABLE DAILY

Hamburgers, Cheeseburgers,
Chicken Patty Sandwiches, Veggie Burgers on a Whole
Wheat Bun
\$2.50 Student \$3.00 Adult
Offered with Milk
Fruit & Tossed Romaine Salad

We are proud to introduce



Boar's Head

Premium Sandwiches Made to Order-
Choose from Honey Maple Turkey, Sausalito
Turkey, Buffalo Chicken, Chipotle Chicken, Black
Forest Ham, Roast Beef, Genoa Salami
Muenster, Pepper jack and, Provolone Cheeses
Lettuce, Tomato, Onion and a Fresh Deli Salad
Daily!

Hoagie or Kaiser Roll / Whole Wheat Wrap \$4.00 Student
\$4.50 Adult - Offered with condiments,
Fruit & Low/Fat Free Fat Milk.

“Grab and Go”

Chicken Caesar Salad
Turkey BLT Salad
Chef Salad

Premium Salads
Offered with Crackers,
Snack & Choice of
Dressing
Student \$3.50
Student Ala Carte
\$3.75
Adult \$4.00



Brooklyn Style Rolled Crust Pizza!

Featured Daily:

Tomato and Mozzarella Cheese Pizza

Daily Pizza Specials including Pepperoni

\$2.50 Student \$3.00 Adult
Offered with Tossed Romaine Salad, Fruit and Low Fat / Fat
Free Milk

Jersey Fresh Salad Bar Available-
A Variety of Lettuces
Choose from Daily Themed Salads.
Hummus, Tabbouleh, and Bean Salad
made fresh daily

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

FRESH SUSHI OFFERED
EVERY OTHER TUESDAY!

Seasonal/Locally grown
Fresh Fruit
Available Every Day!!

Questions or Comments? Contact: Elissa Cahill,
Director Dining Services, Chartwells at 732 842 8000 x 211

Menu Subject to Change Due to Product Availability