



**Ocean County Vocational-MATES Academy**  
**Vocational High School Lunch (9-12)**  
**Lunch , January 2025**



		Wednesday 01	Thursday 02	Friday 03
No Menu Available	No Menu Available	<b>Happy New Year School Closed</b>	<b>Cowboy Burger</b> 🍷 <i>Sweet Potato Fries</i> <b>Ham &amp; Cheese on a Kaiser</b> <i>Garbanzo Bean &amp; Red Pepper Salad</i> <b>Apple</b>	<b>Big Daddy's Cheese Pizza</b> 🍷 <i>Smiley Potatoes</i> 🍷 <b>Ham &amp; Cheese on a Kaiser</b> <b>Baby Carrots</b> <b>Peach Cup</b>
Monday 06	Tuesday 07	Wednesday 08	Thursday 09	Friday 10
<b>Popcorn Chicken &amp; Mashed Potato Bowl</b> <b>Grilled Chicken Caesar Salad</b> 🍷 <i>Bell Pepper</i> <i>Dinner Roll</i> <b>Orange</b>	<b>Stuffed Shells w/ Marinara Sauce</b> 🍷 <i>Dinner Roll</i> <i>Green Beans</i> <b>Grilled Chicken Caesar Salad</b> 🍷 <i>Cucumbers</i> <i>Dinner Roll</i> <b>Apple</b>	<b>Chipotle Chicken &amp; Cheese Wrap</b> <i>Black Beans</i> <b>Grilled Chicken Caesar Salad</b> 🍷 <i>Garbanzo Bean &amp; Red Pepper Salad</i> <i>Dinner Roll</i> <b>Apple Slices</b>	<b>Sampler Platter</b> <i>Smiley Potatoes</i> 🍷 <b>Grilled Chicken Caesar Salad</b> 🍷 <i>Corn</i> <i>Dinner Roll</i> <b>Banana</b>	<b>Big Daddy's Cheese Pizza</b> 🍷 <i>Caesar Salad</i> <b>Grilled Chicken Caesar Salad</b> 🍷 <i>Dinner Roll</i> <b>Baby Carrots</b> <b>Peach Cup</b>
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<b>Barbecue Popcorn Chicken</b> <i>Baked Fries</i> <i>Dinner Roll</i> <b>Italian Hero</b> <i>Bell Pepper</i> <b>Pineapple</b>	<b>Macaroni &amp; Cheese</b> 🍷 <i>Steamed Carrots</i> <i>Dinner Roll</i> <b>Italian Hero</b> <i>Corn &amp; Edamame Salad</i> <b>Mandarin Orange Segments</b>	<b>Chicken &amp; Cheddar Cheese Quesadilla</b> 🍷 <i>Salsa</i> <i>Mexican Rice &amp; Black Beans</i> <b>Italian Hero</b> <i>Garbanzo Bean &amp; Red Pepper Salad</i> <b>Diced Pears</b>	<b>Meatball Parm. Hero</b> 🍷 <i>Peas &amp; Carrots</i> <b>Italian Hero</b> <i>Cucumbers</i> <b>Apple Slices</b>	<b>Big Daddy's Cheese Pizza</b> 🍷 <i>Broccoli</i> <i>Tossed Salad</i> <b>Italian Hero</b> <i>Broccoli</i> <b>Apple</b>
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<b>Dr. Martin King Jr. Day</b> <b>School Closed</b> <b>Day of Service</b>	<b>Ravioli w/ Marinara Sauce</b> 🍷 <i>Dinner Roll</i> <i>Peas &amp; Carrots</i> <b>Garden Salad w/ Breaded Chicken</b> 🍷 <i>Cauliflower</i> <i>Dinner Roll</i> <b>Orange</b>	<b>Grilled BBQ Chicken &amp; Cheese Wrap</b> <i>Black Beans</i> <b>Garden Salad w/ Breaded Chicken</b> 🍷 <i>Dinner Roll</i> <i>Garbanzo Bean &amp; Red Pepper Salad</i> <b>Peach Cup</b>	<b>Cheeseburger Sliders on Buns</b> <i>Baked Fries</i> <b>Garden Salad w/ Breaded Chicken</b> 🍷 <i>Bell Pepper</i> <i>Dinner Roll</i> <b>Apple Slices</b>	<b>Big Daddy's Cheese Pizza</b> 🍷 <i>Caesar Salad</i> <b>Garden Salad w/ Breaded Chicken</b> 🍷 <i>Dinner Roll</i> <b>Baby Carrots</b> <b>Banana</b>
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
<b>Breaded Chicken Patty on a Bun</b> <i>Sweet Potato Fries</i> <b>Turkey &amp; Cheese on a Roll</b> <i>Tomatoes</i> <b>Mandarin Orange Segments</b>	<b>No Lunch Service</b> <b>Final Exams Day 1</b> <b>Noon Dismissal</b>	<b>No Lunch Service</b> <b>Final Exams Day 2</b> <b>Noon Dismissal</b>	<b>Chicken Fajita Hero</b> <i>Rice &amp; Beans</i> <b>Turkey &amp; Cheese on a Roll</b> <i>Bell Pepper</i> <b>Apple</b>	<b>Big Daddy's Cheese Pizza</b> 🍷 <i>Tossed Salad</i> <b>Turkey &amp; Cheese on a Roll</b> <b>Baby Carrots</b> <b>Pineapple</b>

\* Consuming raw or under cooked meat, poultry, seafood, shellsh or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subjected to change, notice posted when available. This institution is an equal opportunity provider.