



# Ocean County Vocational-MATES Academy Lunch , March 2023



		Wed 01	Thu 02	Fri 03
No data found	No data found	<b>Breaded Chicken Fillet on a Bun</b> 🐔 <b>Tuna Salad Sandwich</b> <i>Baby Carrots</i> <b>Steamed Carrots</b> <b>Apple Slices</b>	<b>Popcorn Chicken &amp; Mashed Potato Bowl</b> <b>Tuna Salad Sandwich</b> <i>Cucumber</i> <b>Orange</b>	<b>Big Daddy's Pizza</b> 🍕 <i>Tossed Salad</i> <b>Tuna Salad Sandwich</b> <i>Tossed Salad</i> <b>Diced Pears</b>
Mon 06	Tue 07	Wed 08	Thu 09	Fri 10
<b>Chicken &amp; Waffles</b> <i>Waffle Fries</i> <i>Syrup</i> <b>Chef's Salad</b> <i>Dinner Roll</i> <b>Black Bean &amp; Corn Salsa</b> <b>Applesauce</b>	<b>Sampler Platter</b> <i>Dinner Roll</i> <i>Cauliflower</i> <b>Chef's Salad</b> <i>Dinner Roll</i> <i>Baby Carrots</i> <b>Peach Cup</b>	<b>Cheeseburger Sliders on Buns</b> <b>Chef's Salad</b> <i>Dinner Roll</i> <b>Steamed Broccoli</b> <b>Banana</b>	<b>Chicken &amp; Cheddar Cheese Quesadilla</b> 🌮 <i>Mexican Rice &amp; Black Beans</i> <i>Salsa</i> <i>Sour Cream</i> <b>Chef's Salad</b> <i>Dinner Roll</i> <i>Cucumber</i> <b>Raisins</b>	<b>Stuffed Crust Pizza</b> 🍕 <b>Chef's Salad</b> <i>Dinner Roll</i> <b>Sweet Potato Fries</b> <b>Apple Slices</b>
Mon 13	Tue 14	Wed 15	Thu 16	Fri 17
<b>Chicken Nuggets</b> <i>Dinner Roll</i> <b>Ham &amp; Cheese on a Kaiser</b> <b>Mashed Sweet Potatoes</b> <b>Craisins</b>	<b>Buffalo Chicken Twister</b> 🐔 <i>Green Beans</i> <b>Ham &amp; Cheese on a Kaiser</b> <b>Mandarin Oranges</b>	<b>Pizza Burger</b> 🍔 <i>Tossed Salad</i> 🍷 <b>Ham &amp; Cheese on a Kaiser</b> <i>Corn &amp; Edamame Salad</i>	<b>French Toast Sticks</b> 🍞 <i>Syrup</i> <i>Hash Browns</i> <i>Egg Patties</i> <b>Ham &amp; Cheese on a Kaiser</b> <i>Corn &amp; Edamame Salad</i> <b>Pineapple</b>	<b>Big Daddy's Pizza</b> 🍕 <b>Reuben Sandwich</b> 🥪 <b>Sweet Potato Fries</b> <b>Banana</b>
Mon 20	Tue 21	Wed 22	Thu 23	Fri 24
<b>Boneless BBQ Chicken Wings</b> 🐔 <i>Dinner Roll</i> <i>Emoticon Mashed Potatoes</i> <b>Garden Salad topped w/ Tuna</b> <i>Garbanzo Beans</i> <i>Dinner Roll</i> <b>Raisins</b>	<b>Ciabatta Pepper Jack Melt</b> <i>Tomato Soup</i> <i>Steamed Carrots</i> <b>Garden Salad topped w/ Tuna</b> <i>Dinner Roll</i> <i>Baby Carrots</i> <b>Applesauce</b>	<b>Shredded BBQ Chicken Sandwich</b> 🐔 <i>Steamed Broccoli</i> <b>Garden Salad topped w/ Tuna</b> <i>Dinner Roll</i> <i>Broccoli</i> <b>Peach Cup</b>	<b>BBQ Beef Rib Hero</b> 🍖 <i>Green Beans</i> <b>Garden Salad topped w/ Tuna</b> <i>Dinner Roll</i> <i>Celery &amp; Carrot Sticks</i> <b>Orange</b>	<b>Stuffed Crust Pizza</b> 🍕 <b>Garden Salad topped w/ Tuna</b> <i>Corn</i> <i>Dinner Roll</i> <b>Corn</b> <b>Corn</b> <b>Apple</b>
Mon 27	Tue 28	Wed 29	Thu 30	Fri 31
<b>Popcorn Chicken &amp; Mashed Potato Bowl</b> <i>Dinner Roll</i> <b>Italian Hero</b> <i>Corn &amp; Edamame Salad</i> <b>Pineapple</b>	<b>Chicken Fajita Hero</b> <i>Green Beans</i> <b>Italian Hero</b> <i>Cucumber</i> <b>Mandarin Oranges</b>	<b>Cheesesteak Hero</b> 🍖 <i>Steamed Broccoli</i> <b>Italian Hero</b> <i>Broccoli</i> <b>Apple Slices</b>	<b>Beef Nachos</b> <i>Mexican Rice &amp; Black Beans</i> <b>Italian Hero</b> <i>Garbanzo Beans</i> <b>Orange</b>	<b>Big Daddy's Pizza</b> 🍕 <i>Steamed Carrots</i> <b>Italian Hero</b> <i>Baby Carrots</i> <b>Diced Pears</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.

Student Meal: Complete Lunch \$3.75  
Staff Meal \$4.25

Orders must be made the Thursday prior to the week of desired lunch

