



Ocean County Vocational-MATES Academy

Lunch , October 2023



Mon	02	Tue	03	Wed	04	Thu	05	Fri	06
Beef & Bean Burrito 🌱 <i>Black Beans</i> Chef's Salad <i>Garbanzo Bean & Red Pepper Salad</i> <i>Dinner Roll</i> Grapes	Pasta w/ Meatballs 🍷 <i>Dinner Roll</i> <i>Green Beans</i> Chef's Salad <i>Dinner Roll</i> <i>Celery</i> Orange	Buffalo Chicken Twister 🍷 <i>Sweet Potato Fries</i> Chef's Salad <i>Bell Pepper</i> <i>Dinner Roll</i> Applesauce	Bulgogi Cheesesteak 🍷 <i>Smiley Potatoes</i> Chef's Salad <i>Dinner Roll</i> <i>Corn & Edamame Salad</i> Banana	Big Daddy's Pizza 🍷 <i>Caesar Salad</i> Chef's Salad <i>Dinner Roll</i> Baby Carrots Apple Slices					
Mon	09	Tue	10	Wed	11	Thu	12	Fri	13
No School for Students	Shredded BBQ Chicken Sandwich <i>Sweet Potato Fries</i> Ham & Cheese on a Kaiser <i>Tomatoes</i> Mandarin Oranges	Crispy Chicken Snack Wrap <i>Cauliflower</i> Ham & Cheese on a Kaiser <i>Cucumber</i> Peach Cup	Chicken & Cheese Soft-Shell Tacos <i>Corn</i> <i>Mexican Rice & Black Beans</i> <i>Sour Cream</i> Ham & Cheese on a Kaiser <i>Garbanzo Bean & Red Pepper Salad</i> Apple	Big Daddy's Pizza 🍷 <i>Tossed Salad</i> Ham & Cheese on a Kaiser Baby Carrots Banana					
Mon	16	Tue	17	Wed	18	Thu	19	Fri	20
Grilled Chicken Fillet on a Bun 🍷 <i>Sweet Potato Fries</i> Grilled Chicken Caesar Salad 🍷 <i>Bell Pepper</i> <i>Dinner Roll</i> Orange	Stuffed Shells w/ Marinara Sauce 🍷 <i>Green Beans</i> <i>Dinner Roll</i> Grilled Chicken Caesar Salad 🍷 <i>Dinner Roll</i> <i>Cucumber</i> Apple	Chipotle Chicken Wrap <i>Black Beans</i> Grilled Chicken Caesar Salad 🍷 <i>Garbanzo Bean & Red Pepper Salad</i> <i>Dinner Roll</i> Apple Slices	Cheesesteak Hero 🍷 <i>Smiley Potatoes</i> Grilled Chicken Caesar Salad 🍷 <i>Dinner Roll</i> <i>Corn</i> Peach Cup	Big Daddy's Pizza 🍷 <i>Caesar Salad</i> Grilled Chicken Caesar Salad 🍷 <i>Dinner Roll</i> Baby Carrots Banana					
Mon	23	Tue	24	Wed	25	Thu	26	Fri	27
Barbecue Popcorn Chicken <i>Roasted Sweet Potatoes</i> <i>Dinner Roll</i> Italian Hero <i>Bell Pepper</i> Pineapple	Sampler Platter <i>Baked Fries</i> Italian Hero <i>Corn & Edamame Salad</i> Mandarin Oranges	Chicken & Cheddar Cheese Quesadilla 🌱 <i>Mexican Rice & Black Beans</i> <i>Sour Cream</i> <i>Salsa</i> Italian Hero <i>Garbanzo Bean & Red Pepper Salad</i> Diced Pears	Meatball Parm. Hero 🍷 <i>Cauliflower</i> Italian Hero <i>Cucumber</i> Apple Slices	Big Daddy's Pizza 🍷 <i>Broccoli</i> <i>Tossed Salad</i> Italian Hero <i>Broccoli</i> Apple					
Mon	30	Tue	31	Complete Lunches Students \$4.00 Staff \$4.50		Lunch orders must be made the Thursday prior to the week of the desired lunch.			
Popcorn Chicken <i>Dinner Roll</i> <i>Tater Tots</i> Garden Salad w/ Breaded Chicken 🍷 <i>Dinner Roll</i> <i>Black Bean & Corn Salsa</i> Applesauce	Mummy Hot Dog <i>Baked Beans</i> Garden Salad w/ Breaded Chicken <i>Dinner Roll</i> <i>Cauliflower</i> Orange								

* 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.