



## Ocean County Vocational-MATES Academy Lunch , November 2023



		Wed 01	Thu 02	Fri 03
No Menu Available	No Menu Available	<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>Breaded Chicken Patty on a Bun</b> <i>Sweet Potato Fries</i> <b>Garden Salad w/ Breaded Chicken</b> 🍗 <i>Dinner Roll</i> <i>Bell Pepper</i> <b>Apple Slices</b>	<b>Big Daddy's Pizza</b> 🍕 <i>Caesar Salad</i> <b>Garden Salad w/ Breaded Chicken</b> 🍗 <i>Dinner Roll</i> <b>Baby Carrots</b> <b>Banana</b>
Mon 06	Tue 07	Wed 08	Thu 09	Fri 10
No Lunch Service	No Lunch Service	No Lunch Service	Closed	Closed
Mon 13	Tue 14	Wed 15	Thu 16	Fri 17
<b>Chicken Fajitas</b> <i>Kidney Beans</i> <b>Chef's Salad</b> <i>Garbanzo Bean &amp; Red Pepper Salad</i> <i>Dinner Roll</i> <b>Mandarin Oranges</b>	<b>Pasta w/ Meatballs</b> 🍝 <i>Green Beans</i> <i>Dinner Roll</i> <b>Chef's Salad</b> <i>Dinner Roll</i> <i>Celery</i> <b>Orange</b>	<b>Buffalo Chicken Twister</b> 🍗 <i>Sweet Potato Fries</i> <b>Chef's Salad</b> <i>Dinner Roll</i> <i>Bell Pepper</i> <b>Applesauce</b>	<b>BBQ Beef Ribs on a Bun</b> 🍖 <i>Caesar Salad</i> <b>Chef's Salad</b> <i>Dinner Roll</i> <i>Corn &amp; Edamame Salad</i> <b>Banana</b>	<b>Big Daddy's Pizza</b> 🍕 <i>Smiley Potatoes</i> <b>Chef's Salad</b> <i>Dinner Roll</i> <b>Baby Carrots</b> <b>Apple Slices</b>
Mon 20	Tue 21	Wed 22	Thu 23	Fri 24
<b>Popcorn Chicken &amp; Mashed Potato Bowl</b> <i>Dinner Roll</i> <b>Ham &amp; Cheese on a Kaiser</b> <i>Black Bean &amp; Corn Salsa</i> <b>Diced Pears</b>	<b>Shredded BBQ Chicken Sandwich</b> <i>Sweet Potato Fries</i> <b>Ham &amp; Cheese on a Kaiser</b> <i>Tomatoes</i> <b>Mandarin Oranges</b>	<b>Early Dismissal</b> <b>No Lunch Service</b>	<b>Happy Thanksgiving</b> 	<b>Happy Thanksgiving Part 2</b>
Mon 27	Tue 28	Wed 29	Thu 30	Fri Dec. 1
<b>Grilled Chicken Fillet on a Bun</b> 🍗 <i>Sweet Potato Fries</i> <b>Grilled Chicken Caesar Salad</b> 🍗 <i>Dinner Roll</i> <i>Bell Pepper</i> <b>Orange</b>	<b>Stuffed Shells w/ Marinara Sauce</b> 🍝 <i>Green Beans</i> <i>Dinner Roll</i> <b>Grilled Chicken Caesar Salad</b> 🍗 <i>Dinner Roll</i> <i>Cucumber</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>Cheesesteak Hero</b> 🍖 <i>Smiley Potatoes</i> <b>Grilled Chicken Caesar Salad</b> 🍗 <i>Dinner Roll</i> <i>Corn</i> <b>Peach Cup</b>	<b>Big Daddy's Pizza</b> <i>Caesar's Salad</i> <b>Grilled Chicken Caesar's Salad</b> <i>Dinner Roll</i> <b>Baby Carrots</b> <b>Banana</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.

**Complete Lunches**  
Students \$4.00  
Staff \$4.50

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

