



Ocean County Vocational-MATES Academy Lunch , September 2024



Monday 02	Tuesday 03	Wednesday 04	Thursday 05	Friday 06
Closed	Closed	Closed	Sampler Platter <i>Smiley Potatoes</i> 🍌 Grilled Chicken Caesar Salad 🍗 <i>Corn</i> <i>Dinner Roll</i> Peach Cup	Big Daddy's Cheese Pizza 🍕 <i>Caesar Salad</i> Grilled Chicken Caesar Salad 🍗 <i>Dinner Roll</i> Baby Carrots Banana
Monday 09	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Barbecue Popcorn Chicken <i>Dinner Roll</i> <i>Baked Fries</i> Italian Hero <i>Bell Pepper</i> Pineapple	Macaroni & Cheese 🍝 <i>Dinner Roll</i> <i>Cauliflower</i> Italian Hero <i>Corn & Edamame Salad</i> Mandarin Orange Segments	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>Roasted Sweet Potatoes</i> Italian Hero <i>Cucumbers</i> Apple Slices	Big Daddy's Cheese Pizza 🍕 <i>Broccoli</i> <i>Tossed Salad</i> Italian Hero <i>Broccoli</i> Apple
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Popcorn Chicken <i>Dinner Roll</i> <i>Tater Tots</i> Garden Salad w/ Breaded Chicken 🍗 <i>Black Bean & Corn Salsa</i> <i>Dinner Roll</i> Applesauce	Ravioli w/ Marinara Sauce 🍝 <i>Dinner Roll</i> <i>Peas & Carrots</i> Garden Salad w/ Breaded Chicken 🍗 <i>Dinner Roll</i> <i>Cauliflower</i> Orange	Grilled BBQ Chicken & Cheese Wrap <i>Black Beans</i> Garden Salad w/ Breaded Chicken 🍗 <i>Garbanzo Bean & Red Pepper Salad</i> <i>Dinner Roll</i> Peach Cup	Cheeseburger Sliders on Buns <i>Zucchini</i> Garden Salad w/ Breaded Chicken 🍗 <i>Bell Pepper</i> <i>Dinner Roll</i> Apple Slices	Big Daddy's Cheese Pizza 🍕 <i>Caesar Salad</i> Garden Salad w/ Breaded Chicken 🍗 <i>Dinner Roll</i> Baby Carrots Banana
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Breaded Chicken Patty on a Bun <i>Sweet Potato Fries</i> Turkey & Cheese on a Roll <i>Tomatoes</i> Mandarin Orange Segments	Lasagna w/ Marinara Sauce 🍝 <i>Green Beans</i> <i>Dinner Roll</i> Turkey & Cheese on a Roll <i>Garbanzo Bean & Red Pepper Salad</i> Peach Cup	Popcorn Chicken Twister w/ Ranch Dressing <i>Baked Fries</i> Turkey & Cheese on a Roll <i>Corn & Edamame Salad</i> Diced Pears	Chicken Fajita Hero <i>Rice & Beans</i> Turkey & Cheese on a Roll <i>Bell Pepper</i> Apple	Big Daddy's Cheese Pizza 🍕 <i>Tossed Salad</i> Turkey & Cheese on a Roll Baby Carrots Pineapple
Monday 30	October Menu Available in mid-September	Complete Lunches Students \$4.25 Staff \$4.75	Please order by the Thursday prior to the week that lunch is desired.	

* 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.