



# Ocean County Vocational-MATES Academy Lunch , October 2024



	Tuesday 01	Wednesday 02	Thursday 03	Friday 04
No Menu Available	<b>Pasta w/ Meatballs</b> 🍷 <i>Cauliflower</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>School Closed</b>	<b>Big Daddy's Cheese Pizza</b> 🍷 <i>Caesar Salad</i> <b>Chef's Salad</b> <i>Dinner Roll</i> <b>Baby Carrots</b> <b>Apple Slices</b>
Monday 07	Tuesday 08	Wednesday 09	Thursday 10	Friday 11
<b>Popcorn Chicken &amp; Mashed Potato Bowl</b> <i>Peas</i> <i>Dinner Roll</i> <b>Ham &amp; Cheese on a Kaiser</b> <i>Black Bean &amp; Corn Salsa</i> <b>Diced Pears</b>	<b>Pasta Alfredo w/ Chicken</b> <i>Steamed Carrots</i> <i>Dinner Roll</i> <b>Ham &amp; Cheese on a Kaiser</b> <i>Tomatoes</i> <b>Mandarin Orange Segments</b>	<b>Crispy Chicken Snack Wrap</b> <i>Cauliflower</i> <b>Ham &amp; Cheese on a Kaiser</b> <i>Cucumbers</i> <b>Peach Cup</b>	<b>Chicken &amp; Cheese Soft-Shell Tacos</b> <i>Mexican Rice &amp; Black Beans</i> <i>Sour Cream</i> <i>Corn</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>Tossed Salad</i> <b>Ham &amp; Cheese on a Kaiser</b> <b>Baby Carrots</b> <b>Banana</b>
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
<b>School Closed for Students</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>Dinner Roll</i> <i>Garbanzo Bean &amp; Red Pepper Salad</i> <b>Apple Slices</b>	<b>Sampler Platter</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 Cheese Pizza</b> 🍷 <i>Caesar Salad</i> <b>Grilled Chicken Caesar Salad</b> 🍷 <i>Dinner Roll</i> <b>Baby Carrots</b> <b>Banana</b>
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
<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>Dinner Roll</i> <i>Cauliflower</i> <b>Italian Hero</b> <i>Corn &amp; Edamame Salad</i> <b>Mandarin Orange Segments</b>	<b>Chicken &amp; Cheddar Cheese Quesadilla</b> 🍷 <i>Mexican Rice &amp; Black Beans</i> <i>Sour Cream</i> <i>Salsa</i> <b>Italian Hero</b> <i>Garbanzo Bean &amp; Red Pepper Salad</i> <b>Diced Pears</b>	<b>Meatball Parm. Hero</b> 🍷 <i>Roasted Sweet Potatoes</i> <b>Italian Hero</b> <i>Cucumbers</i> <b>Apple Slices</b>	<b>Big Daddy's Cheese Pizza</b> 🍷 <i>Tossed Salad</i> <i>Broccoli</i> <b>Italian Hero</b> <i>Broccoli</i> <b>Apple</b>
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	
<b>Popcorn Chicken</b> <i>Dinner Roll</i> <i>Tater Tots</i> <b>Garden Salad w/ Breaded Chicken</b> 🍷 <i>Black Bean &amp; Corn Salsa</i> <i>Dinner Roll</i> <b>Applesauce</b>	<b>Ravioli w/ Marinara Sauce</b> 🍷 <i>Peas &amp; Carrots</i> <i>Dinner Roll</i> <b>Garden Salad w/ Breaded Chicken</b> 🍷 <b>Chicken</b> 🍷 <i>Cauliflower</i> <i>Dinner Roll, Orange</i>	<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, Peach Cup</i>	<b>Cheeseburger Sliders on Buns</b> <i>Zucchini</i> <b>Garden Salad w/ Breaded Chicken</b> 🍷 <i>Bell Pepper</i> <i>Dinner Roll</i> <b>Apple Slices</b>	<p><b>Complete Lunches</b>  <b>Students \$4.25</b>  <b>Staff \$4.75</b></p> 

\* Consuming raw or under cooked meat, poultry, seafood, shellfish 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.