



October 2025

Saint Joseph High School - Metuchen

Lunch Entrees

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 • Cheeseburger Quesadilla served with french fries	2 • Mediterranean Gyro Bowl with shaved beef, lemon herb rice, shredded lettuce, diced tomatoes, green peppers toasted pita & tzatziki sauce	3 • Joey D's Pizza served with Caesar side salad
	• Main Entree: \$8.00			
6 • Chicken & Waffles served with steamed and seasoned green beans	7 • Rodeo Burger 5oz beef burger w/ smokehouse BBQ sauce, onion rings & cheddar cheese on brioche bun served with seasoned twister fries	8 • Bourbon Chicken served with white rice & steamed green pea's	9 • Beef Burrito Bowl seasoned ground beef, Spanish fiesta rice, red beans, peppers, onions and Queso blanco	10 • Joey D's Pizza served with Caesar side salad
13 • Rigatoni Bolognese served with garlic bread	14 • Teriyaki Chicken Bowl served with white rice and California mixed vegetables	15 • Sloppy Joe Sandwich served on hearty kaiser roll with bread & butter pickle chips & french fries	16 • Grilled Ham & Cheese Pressed Panini served with creamy herb tomato soup	17 • Joey D's Pizza served with Caesar side salad
20 • Lemon Herb Roast Chicken served with seasoned potato wedges & roast broccoli	21 • Pop Corn Chicken Bowl served with homemade creamy mashed potatoes, steamed corn, Brown country gravy & topped with cheddar cheese	22 • Breakfast for lunch Belgian waffle with scrambled eggs, bacon or sausage	23 • General Tso's Chicken served with white rice and stir fry mixed vegetables	24 • Joey D's Pizza served with Caesar side salad
27 • French Onion Meatloaf served with seasoned potato wedges & buttered green beans	28 • Pulled BBQ Chicken served with baked mac-n-cheese and green pea's	29 • Beef Taco Bowl with seasoned rice, shredded lettuce, diced tomato, sour cream & cheddar cheese	30 • Chipotle Chicken Quesadilla with peppers, onions & cheddar cheese served with french fries	31 • Joey D's Pizza served with Caesar side salad

*Menu is Subject to Change



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QUESTIONS OR COMMENTS?
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healthy kids!