

Eastern Camden County Regional High School LUNCH MENU

September 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



2
Asian Sesame Chicken
over Rice

Steamed Broccoli

3
Sloppy Joe on a Bun

Baked Beans

4
No School
Staff In-Service

Daily Offerings: Strawberry Spinach Salad with Dinner Roll | Nachos Craveable



7
8
Beef Soft Tacos

Refried Beans
Lettuce & Tomato

9
Buffalo Chicken Dip

Golden Corn

10
Italian Toaster Sandwich

Glazed Carrots

11
Early Dismissal
No Lunch Served

Daily Offerings: Garden Salad with Dinner Roll | Ham & Cheese Pretzel Sandwich

14
Breaded Chicken Tenders
with a Biscuit

Golden Corn

15
Walking Nachos

Seasoned Black Beans

16
Chicken Alfredo over Penne
with a Biscuit

Steamed Broccoli

17
Grilled Ham & Cheese
Sandwich

Tomato Soup
Green Pepper Strips

18
Cheese Pizza
Or
Chef's Special Pizza

Steamed Green Beans

Daily Offerings: Taco Salad | Italian Hoagie



21
22
Cheese Burger

Lettuce & Tomato
Baked Beans

23
French Toast Sticks
with Sausage

Tri Patty Taters

24
Macaroni & Cheese
with Dinner Roll (V)

Steamed Garden Peas

25
Cheese Pizza
Or
Chef's Special Pizza

Mixed Veggies

Daily Offerings: Chicken Caesar Salad with Dinner Roll | Turkey & Cheese Pretzel Sandwich

28
General Tso's Chicken
with Rice

Steamed Broccoli

29
Corn Dog

Golden Corn

30
Ham, Egg & Cheese Maple
Flatbread Sandwich

Tri Hash Brown Potato

1

2

Daily Offerings: Chef Salad with Dinner Roll | Turkey & Spinach Roll-up Craveable

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum 1/2 cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student \$4.25
Adult \$5.00

Fruit & Veggie Selections

Seasonal fresh fruits & vegetables, cupped fruit in light syrup, 100% fruit juice
Students may choose two 1/2 cup servings

Milk Selection - 1% White, Skim
White & fat-free Chocolate

Your Dining Services Team

Michelle Precone
Food Service Director
(856)784-4441 Ext 1279
mprecone@ecersd.us

Daily Alternates

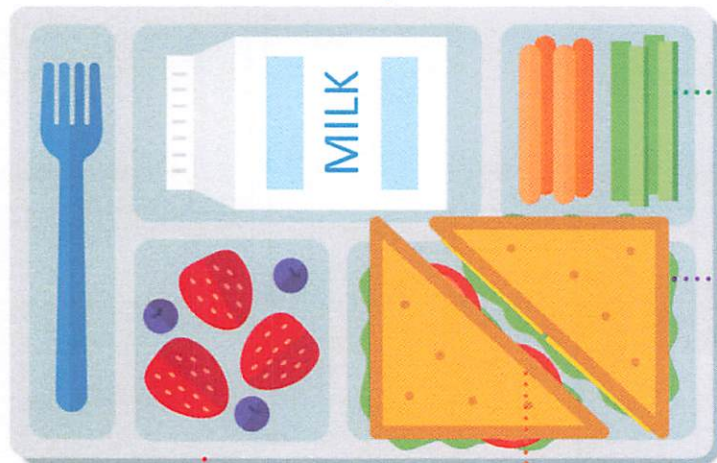
(V) Vegetarian

Chicken & Spicy Chicken Patty
Chicken Nuggets & Biscuit
Cheese Burger
Grilled Cheese (V)
Pizza (V)
Ham & Cheese Sandwich
Turkey & Cheese Sandwich
Italian Hoagie
Buffalo Chicken Wrap
Chicken Caesar Wrap
Chef or Crispy Chicken Caesar Salad
Uncrustable - PB&J (V)



NUTRI-SERVE
FOOD MANAGEMENT, INC. by Metz

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



MILK IS MIGHTY

Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!



GNAW ON RAW

Veggie Patch, salad, and cooked. Veggies have fiber for digestion



POWER UP WITH PROTEIN

Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!



WHOLE GRAINS = WHOLE PACKAGE

Bread, cereal, and crackers. Grains give us energy!



PURSUIT FOR FRUIT

Fresh, cupped, or 100% juice, fruit is nutrient-packed!

WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or ½ cup serving of vegetables must accompany a school lunch.



View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.



YOUR DINING SERVICES TEAM

Michelle Piccone, Food Service Director
(856) 784-4441 ext. 1279 | mpiccone@eccrsd.us



WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of **5** meal components available for the school lunch price:

Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit, Grain/Bread, Choice of Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

LUNCH PRICES

Student Lunch:	\$4.25
Adult Lunch:	\$5.00



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**Excellent Food
With Excellent
Service Equals
Happy Cus**



DAILY ALTERNATES



Chicken Patty or Spicy Chicken Patty Sandwich
Cheese Burger
Chicken Nuggets & Biscuit
Grilled Cheese
Quesadillas - Chef's Choice



Ham & Cheese Sandwich
Turkey & Cheese Sandwich
Italian Sandwich Hoagie
Buffalo Chicken Wrap
Chicken Caesar Wrap



Fresh baked Cheese Pizza
and/or
Chef's special pizza of the day



Chef Salad
Crispy Chicken Caesar Salad



Uncrustable - PB&J

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