

Monmouth County Vocational School District October 2026 MAST Revised



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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1 BBQ Shredded Chicken

Served on a Hoagie Roll

Spicy Coleslaw

2 Breakfast For Lunch

Waffles or French Toast Sticks
w/ Breakfast Sausage

Tater Tots

5
Creamy Macaroni & Cheese
Served w/ a Warm Pretzel Stick

Steamed Broccoli

6
Meatball Parmesan
Served on a Hoagie Roll

Crispy Green Beans

7
Wild Wing Wednesday
Roasted Chicken Wings w/ Choice
of Sauces
Cornbread Loaf
Seasoned Waffle Fries

8
Popcorn Chicken Bowl
Crispy Chicken over Mashed
Potatoes w/ Corn, Cheddar Cheese
& Brown Gravy

9
Super Sampler Platter
Crispy Chicken Tenders, Mozzarella
Sticks & Chicken/Veg Dumplings
w/ Dipping Sauces
French Fries

12
School Closed

13
Hot Ham & Cheese Melt
on a Pretzel Bun
Chicken Noodle Soup

Fresh Caesar Salad

14
Popcorn Chicken Po' Boy
Crispy Chicken on a Hoagie Roll w/
Lettuce & Tomato topped w/ Spicy
Sauce

Fresh Coleslaw

15
Crispy Chicken Tacos
Served in Soft Tortillas w/ Lettuce,
Tomato & Cheese

Seasoned Corn

16
Homemade Cheesy Baked Ziti
Served w/ Side of Meatballs &
Marinara Sauce
Garlic Texas Toast
Garden Salad

19
BBQ Chicken Sliders
Shredded Chicken w/ BBQ Sauce
served on Mini Buns

Buffalo Cauliflower

20
California Cheeseburger
Served on a Kaiser Roll w/
Lettuce & Tomato

Shoestring Fries

21
**Chicken & Vegetable
Dumplings**
Served w/ Vegetable Fried Rice

Steamed Broccoli

22
PASTA BAR
Choose from Marinara or Alfredo
Sauce w/ Garlic Bread

Fresh Garden Salad

23
Chicken Italiano Sandwich
Crispy Chicken on Ciabatta topped
w/ Mozzarella Cheese, Red
Roasted Peppers & Balsamic Glaze
Crispy Waffle Fries

26
Chicken 'n Waffles
Crispy Chicken Tenders w/ a
Belgian Waffle & Syrup

Seasoned Waffle Fries

27
Creamy Macaroni & Cheese
Served w/ a Pretzel Stick

Vegetable Medley

28
Buffalo Chicken Nachos
Served w/ Lettuce, Tomato,
Cheese & Zesty Ranch Sauce

Seasoned Corn

29
Sweet 'n Sour Chicken
Served w/ Veggie Fried Rice

Steamed Broccoli

30
Super Sampler Platter
Crispy Chicken Tenders, Mozzarella
Sticks & Chicken/Veg Dumplings
w/ Dipping Sauces

Crispy Onion Rings

Your Food Services Team

Jason Baumbach
Food Service Director
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Lunch Prices

Student \$6.00
Adult \$7.00

Available Daily

Crispy Chicken Sandwich
Chicken Tenders w/ Fries
Cheeseburger/Hamburger
Boneless Buffalo Wings
Hot Ham & Cheese

Pizza Selections

Cheese
Pepperoni
Veggie Lovers
Buffalo Chicken

Cold Sandwich Options

Italian Delight on a Hoagie
Turkey & Cheese
Ham & Cheese
Honey Mustard Chicken Wrap
Buffalo Chicken Wrap

Salad Options

Chicken Caesar Salad
Garden Salad
Chef's Salad



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