

- MON 2 Baked Chicken Tenders with a Roll OR Meatball Parmesan Hero
- TUE 3 All-Beef Foot Long Hot Dog on a Bun OR Mozzarella Sticks with Marinara Sauce & a Dinner Roll
- WED 4 **◆ Buffalo Chicken Wings served with Oven Fries & a Roll** OR Chicken Patty on a Bun
- THU 5 Cheese Pierogi with Sour Cream & Onions & Sweet Peas OR Sweet & Sour Chicken with Fried Rice & Broccoli
- FRI 6 Maria's Pizza with Apple Slices OR Cheeseburger or Hamburger on a Bun
◆ PANINI OF THE WEEK: Grilled Chicken & Cheddar Cheese
- MON 9 Cheese French Bread Pizza with Apple Slices OR Chicken Nuggets with a Roll
- TUE 10 **Nacho Bar** - Seasoned Beef with Corn, Black Beans, Salsa, Shredded Cheese & Lettuce OR Baked Macaroni & Cheese
- WED 11 **◆ All-White Meat Chicken Tenders with a Roll & Oven Fries** OR Spicy Chicken Sandwich with Baby Carrots
- THU 12 **Breakfast Bar** - French Toast Sticks with Pork Sausage & a 100% Juice Cup OR Pork Roll, Egg & Cheese on a Kaiser Roll
- FRI 13 Domino's Cheese Pizza with Cucumber Slices & Dressing OR Chicken Parmesan Sandwich
◆ PANINI OF THE WEEK: Ham & Cheddar Cheese
- MON 16 Mozzarella Sticks with Steamed Broccoli OR Hamburger or Cheeseburger on a Bun
- TUE 17 Corned Beef, Diced Carrots, Mashed Potato & a Roll OR French Bread Pizza
- WED 18 **◆ Buffalo Wings served with Celery Sticks, Oven Fries & a Roll** OR Meatball Parmesan Hero
- THU 19 Baked Macaroni & Cheese OR Baked Chicken Nuggets with Corn & a Dinner Roll
- FRI 20 Maria's Pizza with Celery Sticks OR General Tso's Chicken with Fried Rice & Steamed Broccoli
◆ PANINI OF THE WEEK: Salami, Pepperoni & Provolone Cheese
- MON 23 Chicken Sandwich on a Bun OR Foot Long Hot Dog on a Bun
- TUE 24 **Breakfast Bar** – Eggo Mini Waffles with a Colby Cheese Omelet & a 100% Juice Cup OR Pork Roll, Egg & Cheese on a Kaiser Roll
- WED 25 **◆ All-White Meat Chicken Tenders with a Roll & Oven Fries** OR Cheese Pierogi with Sour Cream
- THU 26 JK Sampler - Mozzarella Sticks & Chicken Nuggets with Sweet Peas OR Grilled Cheese Sandwich with a cup of Tomato Soup
- FRI 27 Domino's Cheese Pizza with Baby Carrots & Ranch Dressing OR Sweet & Sour Chicken with Veggie Rice & Steamed Broccoli
◆ PANINI OF THE WEEK: Breaded Chicken & Cheddar Cheese
- MON 30 **◆ Buffalo Wings with Celery Sticks, Oven Fries & a Roll** OR Chicken Patty on a Bun
- TUE 31 **Taco Bar** - Seasoned Ground Turkey with Corn, Black Beans, Cheese, Lettuce & Tomato OR Popcorn Chicken with a Dinner Roll
◆ PANINI OF THE WEEK: Salami, Pepperoni & Provolone Cheese

Each complete lunch includes:

Choice of Entrée with Protein/Grain, a trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & choice of Milk

Available Daily



Fruits & vegetables from The Farm Stand are included with lunch.

AMERICAN GRILLE

2 Rotating Entrées:

Cheese Pizza
Burgers on Buns
Chicken Patty on a Bun
Barbecue Rib Sandwich
Cheesesteak Hero
Chicken Nuggets w/ a Roll
Big Daddy's Traditional Pizza Daily

Deli Central

Assorted Grab & Go Sandwiches & Wraps
Smucker's PB&J
Uncrustable served w/ a Cheese Stick & Tiny Twist Pretzels

FRESH FARMSTAND

Assorted Grab & Go Salads served w/ a Roll

SNACK SHACK

Featuring an assortment of popular & healthier snack & beverage options



At least 50% of All Grains served w/ your meal are Whole Grain Rich

FOOD ALLERGIES

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

Menu Subject to Change

Your comments are important to us. Please email us at comments@pomptonian.com

TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS

- Cash • Check • On-line
- Visit "payforit.net"

"This institution is an equal opportunity provider."