



# MAY 2019 Hopewell Valley Regional

## Bear Tavern, Toll Gate & Stony Brook Lunch Menus

### MONDAY



### TUESDAY



### WEDNESDAY

### THURSDAY

### FRIDAY

6	7	8	9	10
<b>Early Dismissal No Lunch Service</b>	<ul style="list-style-type: none"> <li>Nachos Grande w/ Beef, Cheese, Lettuce &amp; Tomato w/ Brown Rice</li> <li>Baked Chicken Nuggets w/ a Dinner Roll</li> <li>Chicken Tenderloin Wrap w/ Lettuce &amp; Tomato w/ Oven-Baked Fries</li> </ul>	<ul style="list-style-type: none"> <li>Meatball Parmesan Hoagie</li> <li>Baked Chicken Nuggets w/ a Dinner Roll</li> <li>Whole Grain Flatbread Pizza w/ Fresh Basil, Garlic &amp; Mozzarella Cheese served w/ Melon</li> </ul>	<ul style="list-style-type: none"> <li>Tangerine Chicken w/ Steamed Broccoli &amp; Brown Rice</li> <li>Baked Mozzarella Sticks w/ Dipping Sauce</li> <li>Homemade Colossal Cinnamon French Toast Wedges, Chicken Sausage &amp; Potato Tots</li> </ul>	<ul style="list-style-type: none"> <li>Stuffed Crust Pizza w/ a Tossed Salad</li> <li>Baked Mozzarella Sticks w/ Dipping Sauce</li> <li>Yogurt Parfait w/ Fresh Strawberries &amp; Granola, String Cheese &amp; a Whole Grain Pretzel</li> </ul>
13	14	15	16	17
<ul style="list-style-type: none"> <li>Popcorn Chicken w/ Dipping Sauce &amp; a Roll</li> <li>Baked Macaroni &amp; Cheese w/ a Roll</li> <li>All-White Meat Breaded Chicken Fillet on a Roll w/ Lettuce &amp; Tomato served w/ Fresh Grapes</li> </ul>	<ul style="list-style-type: none"> <li>All-Beef Hot Dog on a Bun w/ Baked Beans</li> <li>Baked Macaroni &amp; Cheese w/ a Roll</li> <li>Cheese Ravioli w/ Tomato Basil Sauce, Caesar Salad &amp; a Roll</li> </ul>	<ul style="list-style-type: none"> <li>Belgian Waffle Sticks w/ Sausage &amp; Fruit</li> <li>Baked Macaroni &amp; Cheese w/ a Roll</li> <li>Roast Turkey BLT w/ Avocado &amp; a Fresh Cucumber Tomato Salad</li> </ul>	<ul style="list-style-type: none"> <li>Lasagna Roll Ups w/ a Dinner Roll</li> <li>Baked Macaroni &amp; Cheese w/ a Roll</li> <li>Chicken Caesar Salad Wrap w/ All-White Meat Chicken &amp; Oven-Baked Fries</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pizza w/ a Tossed Salad</li> <li>Baked Macaroni &amp; Cheese w/ a Roll</li> <li>Yogurt Parfait w/ Fresh Strawberries &amp; Granola, String Cheese &amp; a Whole Grain Pretzel</li> </ul>
20	21	22	23	24
<ul style="list-style-type: none"> <li>Meatballs w/ Pasta &amp; Garlic Bread</li> <li>Chicken Patty on a Bun</li> <li>All-White Meat Chicken &amp; Cheese Quesadilla w/ Homemade Salsa &amp; Mexican Rice</li> </ul>	<ul style="list-style-type: none"> <li>Twin Tacos w/ Beef, Cheese, Lettuce &amp; Tomato w/ Mexican Rice</li> <li>Chicken Patty on a Bun</li> <li>Homemade Chicken &amp; Cheese Burrito w/ Fresh Pico de Gallo</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Cheese Sandwich w/ Tomato Soup</li> <li>Chicken Patty on a Bun</li> <li>Bento Box – Make Your Own Pizza Bagel w/ Grapes, Veggies &amp; Dip</li> </ul>	<ul style="list-style-type: none"> <li>Cheesesteak Hero w/ Potato Tots</li> <li>Chicken Patty on a Bun</li> <li>Homemade Colossal Cinnamon French Toast Wedges, Chicken Sausage &amp; Potato Tots</li> </ul>	<ul style="list-style-type: none"> <li>Big Daddy's Pizza w/ a Romaine Garden Salad</li> <li>Chicken Patty on a Bun</li> <li>Yogurt Parfait w/ Fresh Strawberries &amp; Granola, String Cheese &amp; a Whole Grain Pretzel</li> </ul>
27	28	29	30	31
<b>MEMORIAL DAY</b>	<ul style="list-style-type: none"> <li>Mini Pancakes w/ a Colby Cheese Omelet &amp; Fruit</li> <li>Meatball Parmesan Hoagie</li> <li>Chicken Tenderloin Wrap w/ Lettuce &amp; Tomato w/ Oven-Baked Fries</li> </ul>	<ul style="list-style-type: none"> <li>Popcorn Chicken w/ Dipping Sauce &amp; Sweet Potato Fries</li> <li>Meatball Parmesan Hoagie</li> <li>Whole Grain Flatbread Pizza w/ Fresh Basil, Garlic &amp; Mozzarella Cheese served w/ Melon</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Patty on a Bun w/ Lettuce &amp; Tomato</li> <li>Meatball Parmesan Hoagie</li> <li>Breaded Chicken Fillet on a Croissant w/ Cheddar Cheese, Lettuce, Tomato &amp; a Cucumber Salad</li> </ul>	<ul style="list-style-type: none"> <li>Personal Pizza w/ a Tossed Salad</li> <li>Meatball Parmesan Hoagie</li> <li>Yogurt Parfait w/ Fresh Strawberries &amp; Granola, String Cheese &amp; a Whole Grain Pretzel</li> </ul>



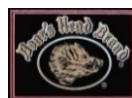
#### AVAILABLE DAILY

Bagel Lunch: Bagel (w/ or without Cream Cheese) & Low-Fat String Cheese  
 Yogurt Lunch: 4 oz. Yogurt, Low-Fat String Cheese & a Whole Grain Pretzel

- Garden Salad w/ Grilled Chicken Fillet & a Roll
- All White Meat Chicken Tenderloins w/ a Roll
- Assorted Fresh Boar's Head Sandwiches & Wraps

**Traditional Lunch \$2.75**

**Village Fresh Lunch \$3.85**



#### A Complete Meal Includes:

Entrée (w/ Protein/Grain)  
 Trip to the Farm Stand (students must select at least a serving of fruit or vegetable)  
 Hormone-Free Milk Choice:  
 1% White, Skim or Non-Fat Chocolate

#### Menu Subject to Change

Your comments are important to us.  
 Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com)

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



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

"This institution is an equal opportunity provider."

