



FEBRUARY 2019

Hopewell Valley Regional

Bear Tavern, Toll Gate & Stony Brook
Lunch Menus

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Local Potatoes

American Heart Month

Local Pink Lady Apples

- Big Daddy's Pizza w/ a Romaine Garden Salad
- Popcorn Chicken w/ Dip & a Roll
- Yogurt Parfait w/ Fresh Strawberries & Granola, String Cheese & a Whole Grain Pretzel

<p>4</p> <p>Early Dismissal No Lunch Service</p>	<p>5</p> <ul style="list-style-type: none"> • Cheesesteak Hero w/ Potato Tots • Baked Mozzarella Sticks w/ Dipping Sauce • Homemade Chicken & Cheese Burrito w/ Fresh Pico de Gallo 	<p>6</p> <ul style="list-style-type: none"> • French Toast Sticks w/ Sausage & Fruit • Baked Mozzarella Sticks w/ Dipping Sauce • Breaded Fish Tacos w/ Cilantro Lime Slaw & Black Beans 	<p>7</p> <ul style="list-style-type: none"> • Tangerine Chicken w/ Steamed Broccoli & Brown Rice • Baked Mozzarella Sticks w/ Dipping Sauce • Homemade Colossal Cinnamon French Toast Wedges, Turkey Sausage & Potato Tots 	<p>8</p> <ul style="list-style-type: none"> • Stuffed Crust Pizza w/ a Tossed Salad • Baked Mozzarella Sticks w/ Dipping Sauce • Yogurt Parfait w/ Fresh Strawberries & Granola, String Cheese & a Whole Grain Pretzel
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<p>11</p> <ul style="list-style-type: none"> • Nachos Grande w/ Beef, Cheese, Lettuce & Tomato w/ Brown Rice • Baked Chicken Nuggets w/ a Dinner Roll • All-White Meat Chicken Parmesan over Penne Pasta w/ a Garden Salad 	<p>12</p> <ul style="list-style-type: none"> • Homemade Baked Ziti w/ a Dinner Roll • Baked Chicken Nuggets w/ a Dinner Roll • Chicken Tenderloin Wrap w/ Lettuce & Tomato w/ Oven-Baked Fries 	<p>13</p> <ul style="list-style-type: none"> • Meatball Parmesan Hoagie • Baked Chicken Nuggets w/ a Dinner Roll • Whole Grain Flatbread Pizza w/ Fresh Basil, Garlic & Mozzarella Cheese served w/ Melon 	<p>14</p> <ul style="list-style-type: none"> • Baked Macaroni & Cheese w/ a Roll • Baked Chicken Nuggets w/ a Dinner Roll • Breaded Chicken Fillet on a Pretzel Bun w/ Cheddar Cheese, Lettuce, Tomato & a Cucumber Salad 	<p>15</p> <ul style="list-style-type: none"> • Big Daddy's Pizza w/ a Romaine Garden Salad • Baked Chicken Nuggets w/ a Dinner Roll • Yogurt Parfait w/ Fresh Strawberries & Granola, String Cheese & a Whole Grain Pretzel
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<p>18</p> <p>Schools Closed</p>	<p>19</p> <p>Schools Closed</p>	<p>20</p> <ul style="list-style-type: none"> • Belgian Waffle Sticks w/ Sausage & Fruit • Baked Macaroni & Cheese w/ a Roll • Roast Turkey BLT w/ Avocado & a Fresh Cucumber Tomato Salad 	<p>21</p> <ul style="list-style-type: none"> • Baked Mozzarella Cheese Breadsticks w/ Marinara Sauce • Baked Macaroni & Cheese w/ a Roll • Chicken Caesar Salad Wrap w/ All-White Meat Chicken & Oven-Baked Fries 	<p>22</p> <ul style="list-style-type: none"> • Cheese Pizza w/ a Tossed Salad • Baked Macaroni & Cheese w/ a Roll • Yogurt Parfait w/ Fresh Strawberries & Granola, String Cheese & a Whole Grain Pretzel
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<p>25</p> <ul style="list-style-type: none"> • Meatballs w/ Pasta & Garlic Bread • Chicken Patty on a Bun • All-White Meat Chicken & Cheese Quesadilla w/ Homemade Salsa & Mexican Rice 	<p>26</p> <ul style="list-style-type: none"> • Twin Tacos w/ Beef, Cheese, Lettuce & Tomato w/ Mexican Rice • Chicken Patty on a Bun • Homemade Chicken & Cheese Burrito w/ Fresh Pico de Gallo 	<p>27</p> <ul style="list-style-type: none"> • Grilled Cheese Sandwich w/ Tomato Soup • Chicken Patty on a Bun • Breaded Fish Tacos w/ Cilantro Lime Slaw & Black Beans 	<p>28</p> <ul style="list-style-type: none"> • Cheesesteak Hero w/ Potato Tots • Chicken Patty on a Bun • Homemade Colossal Cinnamon French Toast Wedges, Turkey Sausage & Potato Tots 	<p>Library Lovers' Month</p>
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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

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

"This institution is an equal opportunity provider."

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

