



APRIL 2019

Hopewell Valley Regional

Bear Tavern, Toll Gate & Stony Brook
Lunch Menus

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Spring Break - Schools Closed

8	9	10	11	12
<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 	<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 	<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 	<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 	<ul style="list-style-type: none"> Big Daddy's Pizza w/ a Romaine Garden Salad Chicken Patty on a Bun Yogurt Parfait w/ Fresh Strawberries & Granola, String Cheese & a Whole Grain Pretzel

15	16	17	18	19
<ul style="list-style-type: none"> Cheeseburger on a Bun w/ Oven-Baked Fries Meatball Parmesan Hoagie All-White Meat Chicken Parmesan over Penne Pasta w/ a Garden Salad 	<ul style="list-style-type: none"> Mini Pancakes w/ a Colby Cheese Omelet & Fruit Meatball Parmesan Hoagie Chicken Tenderloin Wrap w/ Lettuce & Tomato w/ Oven-Baked Fries 	<ul style="list-style-type: none"> Popcorn Chicken w/ Dipping Sauce & Sweet Potato Fries Meatball Parmesan Hoagie Whole Grain Flatbread Pizza w/ Fresh Basil, Garlic & Mozzarella Cheese served w/ Melon 	<ul style="list-style-type: none"> Chicken Patty on a Bun w/ Lettuce & Tomato Meatball Parmesan Hoagie Breaded Chicken Fillet on a Pretzel Bun w/ Cheddar Cheese, Lettuce, Tomato & a Cucumber Salad 	<p>Schools Closed</p>

22	23	24	25	26
<p>EARTH DAY 🌱</p> <ul style="list-style-type: none"> Baked Mozzarella Cheese Breadsticks w/ Marinara Sauce Popcorn Chicken w/ Dip & a Roll All-White Meat Breaded Chicken Fillet on a Roll w/ Lettuce & Tomato served w/ Fresh Grapes 	<ul style="list-style-type: none"> Lasagna Roll Ups w/ Garlic Bread Popcorn Chicken w/ Dip & a Roll Cheese Ravioli w/ Tomato Basil Sauce, Caesar Salad & a Roll 	<ul style="list-style-type: none"> Nachos Grande w/ Beef, Cheese, Lettuce & Tomato w/ Brown Rice Popcorn Chicken w/ Dip & a Roll Roast Turkey BLT w/ Avocado & a Fresh Cucumber Tomato Salad 	<ul style="list-style-type: none"> All-Beef Hot Dog on a Bun w/ Potato Tots Popcorn Chicken w/ Dip & a Roll Chicken Caesar Salad Wrap w/ All-White Meat Chicken & Oven-Baked Fries 	<ul style="list-style-type: none"> 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

29	30			
<ul style="list-style-type: none"> Baked Chicken Nuggets w/ Dipping Sauce & a Roll Baked Mozzarella Sticks w/ Dipping Sauce All-White Meat Chicken & Cheese Quesadilla w/ Homemade Salsa & Mexican Rice 	<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 			

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.

THE FARM STAND

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

"This institution is an equal opportunity provider."

POMPTONIAN FOOD SERVICE