

# PEQUANNOCK HIGH & MIDDLE SCHOOL February 23



Featured  
Favorite  
\$4.95



## AVAILABLE DAILY

<b>Monday</b> 1/30	Belgian Waffles with Fruit Topping and Whip Cream	Penne with Pink Sauce and Garlic Bread served with a Garden Salad	Assorted Grilled Cheese With Tomato, Bacon or Mac and Cheese Grilled Cheese With Tomato Soup and Fries
<b>Tuesday</b> 1/31	Taco Bar with Hard and Soft Shell Tacos With Beef, Cheese or Veggie With Curly Fries	Penne Pasta with Grilled Veggies in a Garlic Sauce with Garden Salad and Cheesy Garlic Bread	Lunar New Year Celebration! Dumplings and Local Pea Shooters
<b>Wednesday</b> 2/1	French Bread Pizza with Salad	Cheese Steak Wrap With Potato Selection	KFC Style Bowl with Popcorn Chicken, Gravy, Mashed Potatoes and Cheese and Biscuit
<b>Thursday</b> 2/2	Spaghetti with Marinara Sauce or Meatballs with Garlic Bread and Caesar Side Salad	Hot Ham and Cheese on a Croissant with Tater Tots	Chicken Sampler with Chicken Tenders, Chicken Nuggets and Poppers over Fries
<b>Friday</b> 2/3	Stromboli with Garden Salad	Mac and Cheese Bowl or Buffalo Mac and Cheese Bowl	Chicken Milanese Over linguine With Steamed Broccoli

**Deli Central**

Proudly offering a Boar's Head Deli Sandwiches Wraps & Panini  
Grab & Go Sandwiches & Wraps also available



**Featuring a Variety of Specialty Pizzas Daily**  
Buffalo Chicken Meat Lovers' Baked Ziti  
Veggie Lovers' Hawaiian Barbecue Chicken



**AMERICAN GRILLE**

Fries  
All-Natural Chicken Tenders  
Chicken Patty Sandwich  
**All Chicken Entrees on the American Grille are Premium White Meat**

Offering a wide variety of Pasta Selections daily, served with Freshly Baked Italian or Garlic Bread



**FRESH FARMISTAND**

Fresh Grab & Go Salads Available Daily  
All Salads served with a Roll or Breadstick

### Daily Theme Bar

Look for a variety of Village Fresh Lunches offered daily, such as:  
Lemon-Glazed Chicken Grilled Chicken Breast  
Chipotle Bar Day



**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](http://www.pomptonian.com).

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

**A complete meal includes:** Entrée with Protein/Grain, a Trip to The Farm Stand & a Choice of Milk.

Locally sourced produce is offered when in season. Menu subject to change. Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com).



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<b>Monday</b> 2/6	Chicken Sampler Spicy, Crispy and Ranch Chicken Nuggets w/ Cheesy Potatoes	Cheddar Cheese Quesadilla with Corn Nibbles	Grilled Pastrami Sandwich with Sauerkraut and Swiss Cheese served with Seasoned Potato Wedges and Cole Slaw
<b>Tuesday</b> 2/7	Pasta Bar with Assorted Sauces and Toppings with Garlic Bread and Small Tossed Salad	Primavera Pasta with Garlic Bread	Turkey Gobbler Sandwich Turkey, Stuffing, and Cranberry Sauce on a hero
<b>Wednesday</b> 2/8	Double-Stuffed Burrito with Beef & Cheese & Mexican Rice	Grilled Veggie Wrap with Health Salad	Chicken Parm with Spaghetti and Garlic Bread and Garden Salad
<b>Thursday</b> 2/9	Spicy Chicken Filet Sandwich w Cucumber Slices	Baked Mac and Cheese with Garlic Bread	Chicken Pot Pie
<b>Friday</b> 2/10	Chipotle Bacon Cheese Burger on Brioche Bun W Street Corn	Penne Pasta served with Pink Sauce & Cheesy Garlic Bread And Garden Salad	Fried Chicken with Mashed Potatoes and Gravy w Street Corn

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Daily Dish

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Chipotle Bar Day



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<b>Monday</b> 2/13	Chicken Nuggets with Heart Shaped Pretzel and Pink lady apple	Veggie Lo Mein <b>LOCAL GOLD RUSH APPLE ON FARMSTAND</b>	Chicken Dumpling with Fried Veggie Rice or Sweet and Sour Chicken with Veggie Rice
<b>Tuesday</b> 2/14	Baked Ziti with Cheesy Garlic Bread and Italian Green Beans <b>LOCAL GOLD RUSH APPLE ON FARMSTAND</b>	Firecracker Spicy Chicken Wrap with Cheese, Lettuce & Tomato	Super Sampler Sandwich Mozzarella Sticks, Chicken Tenders and Onion Rings on a Sub Topped with Special Sauce served with Potato Selection
<b>Wednesday</b> 2/15	Chicken Tenders with Cheesy Potatoes and Dipping Sauce	Potato & Cheese Pierogi with Sour Cream & Sautéed Onions	South West Panini With Chicken and Cheese With Spicy Curly Fries
<b>Thursday</b> 2/16	Pepperoni Pizza Bagels <b>LOCAL GOLD RUSH APPLE ON FARMSTAND</b>	Penne Pasta served with Pink Sauce & Cheesy Garlic Bread And Garden Salad	Chicken Parm Sandwich w Fries
<b>Friday</b> 2/17	Chicken Wrap Day - Choose from a Bacon Ranch, Buffalo, or Chipotle Chicken Wrap	Cheddar Cheese Quesadilla with Corn Nibbles <b>LOCAL GOLD RUSH APPLE ON FARMSTAND</b>	Arby's Style Hot Roast Beef Sandwich with Melted Cheddar Cheese and Cheesy Fries And Special Sauce

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PIZZA ZONE

AMERICAN GRILLE

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Daily Dish

FRESH FARMSTAND

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Chipotle Bar Day

**LOCAL GOLD RUSH APPLE ON FARMSTAND**



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<b>Monday</b> 2/20	Closed		
<b>Tuesday</b> 2/21	Firecracker Spicy Chicken Wrap with Cheese, Lettuce & Tomato	Mac and Cheese W Dinner Roll	Cheesesteak Sandwich w Tater Tots
<b>Wednesday</b> 2/22	Chicken Sampler Served with Mashed Potato	Grilled Veggie Wrap with Health Salad	6oz Burger w/ BBQ Sauce and Onion Ring With Potato Wedges
<b>Thursday</b> 2/23	Hot Dog Bar with Toppings	Calzones with Garden Salad  ROASTED LOCAL BEETS SAMPLES	Pepperoni Pizza Bagels
<b>Friday</b> 2/24	Pulled BBQ Chicken Sandwich with Cole Slaw and Pickles	Pasta Primavera with a Garlic Sauce and Garlic Bread Served with Garden Salad	Chicken Parm with Spaghetti and Cheesy Garlic Bread with Garden Salad

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*Daily Dish*

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<b>Monday</b> 2/27	Meat ball Hero or Meatballs with Pasta, Garlic Bread and Salad	Penne with Pink Sauce and Garlic Bread served with a Garden Salad	Assorted Grilled Cheese With Tomato, Bacon or Mac and Cheese Grilled Cheese With Tomato Soup and Fries
<b>Tuesday</b> 2/28	Hard-Shell Tacos With Beef, Cheese or Veggie	Mac and Cheese W Dinner Roll	Super Sampler Sandwich Mozzarella Sticks, Chicken Tenders and Onion Rings on a Sub Topped with Special Sauce served with Potato Selection

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