



December RIDGEWOOD

2021

Elementary Schools

Also see our **Gluten-Free** menu!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



6

- Baked Ziti Parmesan (made w/ Barilla Pasta) & Garlic Bread
- The Wild West: Ham & Cheese Roll-Ups

7

- Popcorn Chicken & Waffles
- Maroon Cheeseburger
- Maroon Hamburger
- All-American: Roasted Turkey Roll-Ups

1

- Teriyaki Chicken w/ Rice & Broccoli
- Hebrew National Hot Dog on a Bun
- Grilled Chicken Bowl w/ Rice & Veggies

2

- Fiesta Bowl: Mexican Rice w/ Seasoned Beef & Tortilla Chips
- Mexican Rice w/ Black Beans & Cheddar Cheese

3

- Local Pizzeria Pizza
- Organic Lentil Soup w/ Veggies & Brown Rice
- Paris Café: Assorted Fresh Fruit, Cheese & Mini Croissant

6

- Baked Ziti Parmesan (made w/ Barilla Pasta) & Garlic Bread
- The Wild West: Ham & Cheese Roll-Ups

7

- Popcorn Chicken & Waffles
- Maroon Cheeseburger
- Maroon Hamburger
- All-American: Roasted Turkey Roll-Ups

8

- Homemade Pizza Bagel
- Hebrew National Hot Dog on a Bun
- Grilled Cheese Sandwich

9

- All Natural Meatballs w/ Marinara Sauce & Buttered Noodles
- Whole Grain French Toast w/ Applesauce

10

- Local Pizzeria Pizza
- Organic Grilled Cheese Sandwich on Whole Wheat
- Paris Café: Assorted Fresh Fruit, Cheese & Mini Croissant

13

- Homemade Tomato Soup w/ Grilled Cheese Wedges
- The Wild West: Ham & Cheese Roll-Ups

14

- Grilled Chicken Bowl w/ Rice & Veggies
- Maroon Cheeseburger
- Maroon Hamburger
- All-American: Roasted Turkey Roll-Ups

15

- "Our Secret" Macaroni & Cheese
- Hebrew National Hot Dog on a Bun
- Turkey BLT Wrap

16

- Boneless Chicken Wings w/ a Buttermilk Biscuit & Honey-Glazed Carrots
- Whole Grain French Toast w/ Applesauce

17

- Local Pizzeria Pizza
- Organic Quinoa Bowl w/ Veggies
- Paris Café: Assorted Fresh Fruit, Cheese & Mini Croissant

20

- All White Meat Chicken Tenders w/ Potato Rounds
- The Wild West: Ham & Cheese Roll-Ups

21

- Breaded Chicken Filet on a Bun
- Maroon Cheeseburger
- Maroon Hamburger
- All-American: Roasted Turkey Roll-Ups

22

- Local Pizzeria Pizza
- Whole Grain French Toast w/ Applesauce

23

Early Dismissal
No Lunch Served

No School

24

27



28

WINTER BREAK

30



31

A Complete Meal Includes:

Entrée w/ Protein/Grain

Fresh Seasonal Fruits & Vegetables

Hormone-Free Chocolate Milk,
Low-Fat White Milk, Skim, or Water



Available Daily: Ridgewood Grab 'n Go Bagel w/ String Cheese, Yogurt Grab 'n Go w/ Cereal, Grilled Chicken Salad w/ a Dinner Roll OR Boar's Head Sandwich

To order lunches go to Villagefreshorders.com
Questions? Please call the Food Service Director at 201-670-2800 x20593



Locally Grown McIntosh Apples

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.



Locally Grown Butternut Squash

Important consideration when deciding to participate in allergy-safe lunch offerings: Pomptonian's staff prepares and cooks a wide variety of meals in the Ben Franklin Middle School (BFMS) kitchen and does not have separate equipment and space for allergy-safe meal preparation. To minimize the chance for cross-contamination, the allergy-safe items that are available for pre-order, are prepared in the BFMS kitchen by trained staff with, as per the manufacturer's label, allergy-safe ingredients.