







Monday 1	NO SCHOOL	Assorted Grab & Go Sandwiches
Tuesday 2	NO SCHOOL	PIZZA ZONE Pizzeria Pizza
Wednesday 3	NO SCHOOL	All-White Meat Chicken Tenders with Fries Chicken Patty on a bun with Fries Cheeseburger on a Bun with Fries Mozzarella Sticks with Marinara Sauce
Thursday 4	NO SCHOOL	Assorted Vegetarian Options Daily
Friday 5	NO SCHOOL	Mixed Fresh Fruit Yogurt Parfait Fresh Baked Cookies



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 <u>www.pomptonian.com</u>.









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Monday 8	Nacho Bar – Seasoned Taco Meat over Tortilla Chips with Choice of Toppings served with Seasoned Corn	Chicken Parmesan Panini - Breaded Chicken Fillet, Marinara Sauce & Mozzarella Cheese	Assorted Grab & Go Sandwiches
Tuesday 9	General Tso Chicken with Rice and Broccoli	BLT Club With Bacon, Lettuce and Tomato	PIZZARE Pizzeria Pizza All-White Meat Chicken Tenders with Fries
Wednesday 10	Homemade Meatloaf, Mashed Potatoes and Vegetable	BBQ Chicken Wrap with Cheddar Cheese	Chicken Patty on a bun with Fries Cheeseburger on a Bun with Fries Mozzarella Sticks with Marinara Sauce Assorted Vegetarian Options Daily
Thursday 11	Sweet and Sour Chicken with Fresh Broccoli and Rice	Fiesta Chicken Wrap	FILESH Assorted Grab & Go Salad Specials
Friday 12	French Fry Bar Friday	Chicken Caesar Wrap	Mixed Fresh Fruit Yogurt Parfait Fresh Baked Cookies



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Monday 15	Sausage, Pepper and Onion Hero with Fries	Mediterranean Tabbouleh Bento Box	Assorted Grab & Go Sandwiches
Tuesday 16	Beef Tacos with Rice and Black Beans	Breaded Chicken Fillet Panini with Provolone Cheese & Honey Mustard Dressing	PIZZA ZONE Pizzeria Pizza
Wednesday 17	Lemon Chicken over Rice with Fresh Vegetables	BBQ Chicken Wrap with Cheddar Cheese and Locally Grown Gala Apples	All-White Meat Chicken Tenders with Fries Chicken Patty on a bun with Fries Cheeseburger on a Bun with Fries Mozzarella Sticks with Marinara Sauce Assorted Vegetarian Options Daily
Thursday 18	Cheese Ravioli with Garlic Bread and Broccoli	Chicken Parmesan Panini - Breaded Chicken Fillet, Marinara Sauce & Mozzarella Cheese	FILESH Assorted Grab & Go Salad Specials
Friday 19	Waffles with Strawberry Topping, Sausage Patty and Potato Tots	Chipotle Chicken Wrap with Cheddar Cheese and Bacon	Mixed Fresh Fruit Yogurt Parfait Fresh Baked Cookies



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FOOD





Monday 22	Chicken and Cheese Tamale with Rice and Corn	BLT Club With Bacon, Lettuce and Tomato	Assorted Grab & Go Sandwiches
Tuesday 23	Baked Chicken with Mashed Potatoes and Sautéed Locally Grown Spinach	Breaded Chicken Fillet Panini with Provolone Cheese & Honey Mustard Dressing	PIZZA Pizzeria Pizza
Wednesday 24	Teriyaki Chicken Stir Fry	BBQ Chicken Wrap with Cheddar Cheese	All-White Meat Chicken Tenders with Fries Chicken Patty on a bun with Fries Cheeseburger on a Bun with Fries Mozzarella Sticks with Marinara Sauce
Thursday 25	½ DAY NO Lunch Served		Assorted Vegetarian Options Daily
Friday 26	BBQ Chicken/Mac and Cheese Sliders	Buffalo Chicken Wrap with Cheddar Cheese	Mixed Fresh Fruit Yogurt Parfait Fresh Baked Cookies

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Monday 29	Cheesesteak Hero with Peppers and Onions	BLT Club With Bacon, Lettuce and Tomato	Assorted Grab & Go Sandwiches
Tuesday 30	French Toast, Sausage and Tots	Chipotle Chicken Wrap with Cheddar Cheese and Bacon	Pizzeria Pizza All-White Meat Chicken Tenders with Fries
			Chicken Patty on a bun with Fries Cheeseburger on a Bun with Fries Mozzarella Sticks with Marinara Sauce
			Assorted Vegetarian Options Daily
			FIRESH Assorted Grab & Go Salad Specials
			Mixed Fresh Fruit Yogurt Parfait Fresh Baked Cookies

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