



AVAILABLE DAILY

Monday 1	Grilled Chicken Caesar Hero	Mac & Cheese
Tuesday 2	Taco Tuesday - Seasoned Ground Beef with a Choice of Cheese, Lettuce, Tomato & Salsa on Soft or Hard Shells	Spicy Chicken Wrap
Wednesday 3	Chicken Tikka Masala w/ Basmati Rice & Roasted Cauliflower	Paneer Tikka Masala over Basmati Rice
Thursday 4	Crispy Chicken Pesto Hero w/ Fresh Mozzarella, Ricotta, Roasted Red Peppers & Spring Mix	Cheeseburgers Hamburgers
Friday 5	Roast Beef on French Bread w/ Fresh Mozzarella & Roasted Red Peppers Or Pizzeria Pizza with Tossed Salad	Grilled Mozzarella w/ Tomato & Basil



Assorted Grab & Go Deli Sandwiches
Smucker's Peanut Butter & Jelly Uncrustables



Fresh Pasta Specials -Don't forget the Garlic Bread! **Yogurt Parfaits Hummus & Chips** Veggie & Protein Boxes



American GRILLE

Assorted Grab & Go Options including:

Chicken Tenders Popcorn Chicken Fries

A Rotation of Vegetarian & Vegan Selections Are Available Daily or Pre-Order Your Favorite:

> Vegetable or Impossible Burger Grilled Cheese Sandwich Pasta Vegan Popcorn Chicken

> > Pizza



FRESH FARNISTAND

Choose from an array of fresh, flavorful salads each day & Fresh Fruit & Veggies w/ DiP



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. All Snacks are in compliance with the State's Guidelines. Menu Subject to Change Your comments are important to us. Please e-mail us at comments@pomptonian.com.







AVAILABLE DAILY

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Monday 8	Pulled Barbecue Pork on Texas Toast	Buffalo Chicken Panini	Deli Central Sn	Assorted Grab & Go De nucker's Peanut Butter & .
Tuesday 9	Chipotle Ranch Chicken & Cheese Panini	Tortellini Alfredo	_	Fresh Pasta Spe Don't forget the Gar Yogurt Parfa Hummus & Cl
Wednesday	Chicken, Salsa Verde & Cheese Tamale	Chicken Bacon Ranch Focaccia	AMERICAN GRILLE	Assorted Grab & Go Opt Chicken Tend Popcorn Chic Fries
Thursday 11	BLT Wrap	Crispy Chicken Cutlet w/ Lettuce, Tomato on French Bread	A Rotation of	F Vegetarian & Vegan Se or Pre-Order Your Vegetable or Imposs Grilled Cheese Sa Pasta Pizza
Friday 12	Assorted Stromboli Or Pizzeria Pizza with Tossed Salad	Three Cheese Cheese Steaks	FRESH FARNISTAND	Choose from an arra flavorful salads ead Fresh Fruit & Veggi

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Selections Are Available Daily ır Favorite:

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AVAILABLE DAILY

Monday 15

Tuesday 16

Wednesday 17

Thursday 18

> Friday 19



Smucker's Peanut Butter & Jelly Uncrustables



Fresh Pasta Specials -Don't forget the Garlic Bread! **Yogurt Parfaits Hummus & Chips**



AMERICAN

Assorted Grab & Go Options including: Chicken Tenders Popcorn Chicken Fries

A Rotation of Vegetarian & Vegan Selections Are Available Daily or Pre-Order Your Favorite:

Vegetable or Impossible Burger Grilled Cheese Sandwich Pasta

Pizza

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Monday 22	Mediterranean Tabbouleh Bento Box Sorghum Tabbouleh – sample	BBQ Chicken on a Round Roll
Tuesday 23	Chicken w/ Mushrooms served w/ Mashed Potatoes & Side Salad	Stuffed Portobello Mushrooms
Wednesday 24	Chicken Wings with choice of Sauces, French Fries & Ranch or Blue Cheese Dip	Chicken Cheesesteak
Thursday 25	Grilled Garlic Parmesan Chicken w/ Pasta	Eggplant w/ Fresh Mozzarella Cheese, Roasted Red Peppers & Pesto
Friday 26	Grilled Chicken Caesar Wrap Or Pizzeria Pizza with Tossed Salad	Double-Cheese Cheesesteak Hero



Assorted Grab & Go Deli Sandwiches Smucker's Peanut Butter & Jelly Uncrustables



Fresh Pasta Specials -Don't forget the Garlic Bread! **Yogurt Parfaits Hummus & Chips**





Assorted Grab & Go Options including: Chicken Tenders

Popcorn Chicken Fries

A Rotation of Vegetarian & Vegan Selections Are Available Daily or Pre-Order Your Favorite:

> Vegetable or Impossible Burger Grilled Cheese Sandwich Pasta Pizza





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AVAILABLE DAILY

Monday 29	Chicken Parmesan Hero	Salami & Provolone Melt
Tuesday 30	Chili Cheese Dogs	Triple X Spicy Chicken Hero



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Fresh Pasta Specials Don't forget the Garlic Bread!
Yogurt Parfaits
Hummus & Chips





Assorted Grab & Go Options including:

Chicken Tenders Popcorn Chicken Fries

A Rotation of Vegetarian & Vegan Selections Are Available Daily or Pre-Order Your Favorite:

Vegetable or Impossible Burger Grilled Cheese Sandwich Pasta Pizza





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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.