






# WATCHUNG HILLS REGIONAL HIGH SCHOOL – APRIL 2024



## AVAILABLE DAILY

Monday 1	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	 <p><b>Boar's Head</b> Made-to-Order Deli Bar</p>   <p><b>Ciro's Cheese Pizza</b></p>  <p>Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks</p>  <p>Salad Bar by the Ounce</p>
Tuesday 2	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	
Wednesday 3	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	
Thursday 4	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	
Friday 5	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	CLOSED FOR SPRING BREAK NO LUNCH SERVED	

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**FOOD  
ALLERGIES**

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.  
 Also available daily: Assorted cold beverages & snacks. All snacks are in compliance with the State's Guidelines.  
 Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com). Menu Subject to Change

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Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMSTAND

AVAILABLE DAILY

<b>Monday</b> 8	Chicken Tikka Masala over Rice & Naan Bread	Beef & Cheese Empanada With Plantains & Yellow Rice	Buffalo Chicken Wrap with Crispy Chicken & Blue Cheese Dressing	BBQ Crispy Chicken Salad Tomato, Corn, Cheddar Cheese & Crispy Onion	 <b>Boar's Head</b> Made-to-Order Deli Bar   <b>Ciro's Cheese Pizza</b> Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks   Salad Bar by the Ounce
<b>Tuesday</b> 9	Pasta Carbonara with Bacon & Peas served with a Side Salad	Buffalo Chicken Sandwich with Cheddar Cheese served with Fries	Cracked Pepper Turkey on 7 Grain Roll with Lettuce & Tomato	Broccoli Salad	
<b>Wednesday</b> 10	Baked Potato Bar with, Bacon, Broccoli, Chili & Cheese Sauce	Beef & Broccoli with White Rice & Eggroll	Corned Beef & Swiss on Rye Bread	Chipotle Ranch Chicken Salad Chicken, Avocado, Corn Tomato, Pepper, Jack Cheese, & Tortilla Chips	
<b>Thursday</b> 11	Macaroni & Cheese	Meatball Parmesan Sub served with French Fries	Boar's Head Turkey Club on Sourdough Bread	Tuna Salad over a bed of Mixed Greens with Assorted Veggies & Crackers	
<b>Friday</b> 12	Creamy Cajun Chicken Pasta with Garlic Bread	Personal Pan Pizza served with a Side Salad	Boars Head Buffalo Chicken Breast w/ Cheddar Cheese, Lettuce, Tomato, & Ranch Dressing	Asian Crispy Chicken Chili Crispy Chicken Oranges, Cucumber, Carrots & Crispy Wontons	

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Daily Dish



AVAILABLE DAILY

<b>Monday 15</b>	Penne Pasta with Broccoli in Garlic Sauce	Chicken & Cheese Quesadilla served Guacamole, Sour Cream & Salsa	Cool Ranch Chicken Twister - Chicken with Jack Cheese, Lettuce & Ranch Dressing in a Wrap	Chef's Salad – Boar's Head Deli Meats & Cheese over a bed of Lettuce with Assorted Vegetables	 <p><b>Boar's Head</b> Made-to-Order Deli Bar</p>   <p><b>Ciro's Cheese Pizza</b></p>  <p>Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks</p>  <p>Salad Bar by the Ounce Gold Rush Apple</p>
<b>Tuesday 16</b>	Herb-Roasted Chicken with Mashed Potatoes & Corn	Chicken, Salsa Verde & Cheese Tamale	Mediterranean Wrap - Boar's Head Turkey with Fresh Spinach, Tomatoes & Feta Cheese with Balsamic Vinaigrette	Buffalo Chicken Salad - Spicy Chicken Salad with Celery Sticks & Toast Points over Mixed Greens	
<b>Wednesday 17</b>	Pasta with Marinara Sauce served with Garlic Bread	Spanish Pork served with Yellow Rice & Plantains	Twisted Reuben - Marble Rye Bread with Boar's Head Turkey & Swiss Cheese, Coleslaw, Pickles	Southwest Chopped Chicken Salad with Cheddar Cheese, Corn, Black Beans, Tomatoes & Onions tossed with Cilantro Salad Blend & Ranch Dressing, served with Corn Chips	
<b>Thursday 18</b>	Pepperoni Roll with Marinara Sauce	Sweet & Spicy Chicken & Waffles	Turkey Club Sandwich - Boar's Head Turkey, Bacon & Tomato with Blue Cheese Dressing on 7-Grain Bread	Fruit & Cheese Salad - Assorted Fresh Fruit & Cheese on a Bed of Lettuce served with Crackers	
<b>Friday 19</b>	Tortellini with Pomodoro Sauce served with a Caesar Side Salad	Beef Gyro	Grilled Chicken & Avocado with lettuce, tomato, Bacon on Multi Bread	Greek Salad - Olives, Tomatoes, Red Onion & Cucumbers over a bed of Romaine Lettuce topped with Crumbled Feta Cheese	

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Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMSTAND

AVAILABLE DAILY

<b>Monday 22</b>	Pesto Mozzarella Grilled Cheese Sandwich served with Fries	General Tso's Chicken with Broccoli & Rice	Spinach, Mozzarella & Tomato Panini	Mediterranean Bento Box	 <b>Boar's Head</b> Made-to-Order Deli Bar    <b>Ciro's Cheese Pizza</b>   Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks   Salad Bar by the Ounce Gold Rush Apple
<b>Tuesday 23</b>	New Jersey Pork Roll, Egg & Cheese Sandwich on a Bagel served with Tater Tots	Taco Tuesday - Seasoned Beef Tacos with a choice of Cheese, Lettuce, Tomato & Salsa	Boar's Head Turkey with Cranberry Mayonnaise on Whole Grain Bread	Sorghum Tabbouleh Salad	
<b>Wednesday 24</b>	BBQ Beef Sandwich served with Curly Fries	Penne Pomodoro served with a Side Salad	Sante Fe Turkey Sandwich with Sharp Cheddar Cheese, Avocado & Romaine Lettuce on 7-Grain Bread	BLT Salad - Crispy Bacon, Tomato, Red Onion & Shredded Mozzarella Cheese served over a bed of Lettuce with Croutons	
<b>Thursday 25</b>	Warrior Chicken Bowl - Mashed Potatoes topped with Sweet Corn, Crispy Chicken, Gravy & Cheese	Cavatappi & Broccoli served with a Side Salad	Big City Bite – Boar's Head Roast Beef & Cheddar Cheese on an Onion Roll with Chipotle Mayonnaise & Crispy Onion Rings	Chicken Cobb Salad - Sliced Grilled Chicken over a bed of Lettuce topped with Bacon, Tomato, Egg, Avocado & Crumbled Blue Cheese	
<b>Friday 26</b>	Roasted Tomato, Chicken & Onions over Pasta served with a Side Salad	Hot Sloppy Joe Sandwich served with Chips	Turkey Gyro - Boar's Head Turkey Breast in a Wrap topped with Onion, Cucumbers & Diced Tomato dressed with Tzatziki Sauce	Classic Caesar Salad or Chicken Caesar Salad	

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<b>Monday</b> 29	Penne Pasta with Broccoli & a Side Salad	Grill Burger - Beef Patty, Bacon, Barbecue Sauce & American Cheese on a Bun with Cajun Fries	Balsamic Chicken with Roasted Peppers & Provolone Cheese on a Baguette	BBQ Crispy Chicken Salad Tomato, Corn, Cheddar Cheese & Crispy Onion	 <b>Boar's Head</b> Made-to-Order Deli Bar    <b>Ciro's Cheese Pizza</b>   Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks   Salad Bar by the Ounce Gold Rush Apple
<b>Tuesday</b> 30	Sausage & Cheese Stromboli with Marinara Sauce	Grilled Cheese Sandwich on Texas Toast served with Tomato Bisque	Pastrami & Swiss on Rye	Tabbouleh Salad	
<b>Wednesday</b> 31	Taco Salad Bowl with Beef Lettuce, Tomato, Cheese, Sour Cream & Guacamole	Waffles with Strawberries & Chocolate Chips	Boar's Head Turkey & Avocado with Hummus on a Wrap	Chipotle Ranch Chicken Salad Chicken, Avocado, Corn Tomato, Pepper, Jack Cheese, & Tortilla Chips	
<b>Thursday</b> 1	Barbecue Pulled Chicken served with Cajun Fries	Cheese Ravioli with Marinara Sauce served with Garlic Bread	Chicken Cutlet with Lettuce & Tomato & American Cheese	Tuna Salad over a bed of Mixed Greens with Assorted Veggies & Crackers	
<b>Friday</b> 2	Personal Pan Pizza served with a Side Salad	Turkey Club with Cheddar Cheese, Bacon & Tomato on Sourdough Bread served with Curly Fries	Fresh Mozzarella Cheese, Tomato, Basil, & Red Onion & Balsamic Glaze on Focaccia	Asian Crispy Chicken Chili Crispy Chicken Oranges, Cucumber, Carrots & Crispy Wontons	

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