

WATCHUNG HILLS REGIONAL HIGH SCHOOL –

February 2024



Monday 5	Potato & Cheese Pierogi over Warm Cabbage with Onions & Sour Cream	Cheesesteak Hero with Peppers & Onions served with Onion Rings	Boar's Head Chipotle Chicken Breast w/ Lettuce, Tomato, Red Onion, Avocado on Baguette	Chef's Salad – Boar's Head Deli Meats & Cheese over a bed of Lettuce with Assorted Vegetables	 Boar's Head Made-to-Order Deli Bar   Ciro's Cheese Pizza  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  Salad Bar by the Ounce
Tuesday 6	Spaghetti & Meatballs served with a Side Salad	Veggie Fried Rice with an Egg Roll & a Fortune Cookie	Pesto Chicken Salad on an Onion Roll Bread with Roasted Red Peppers	Buffalo Chicken Salad - Spicy Chicken Salad with Celery Sticks & Toast Points over Mixed Greens	
Wednesday 7	Homemade Baked Ziti with a Caesar Side Salad	Wild Wing Wednesday Spicy Buffalo Chicken Wings with Blue Cheese Dip & Celery Sticks	The Western – Boar's Head Roast Beef, Provolone Cheese & Red Onion on an Onion Roll with Ranch Dressing	Southwest Chopped Chicken Salad with Cheddar Cheese, Corn, Black Beans, Tomatoes & Onions tossed with Cilantro Salad Blend & Ranch Dressing, served with Corn Chips	
Thursday 8	Cinnamon French Toast served with Fresh Fruit	Celebrate Lunar New Year Beef & Broccoli served over Lo Mein Noodles	The French Bistro – Boar's Head Turkey, Swiss Cheese & Tomato on a Croissant	Fruit & Cheese Salad - Assorted Fresh Fruit & Cheese on a Bed of Lettuce served with Crackers	
Friday 9	Huli Huli Chicken served with Rice	Super Bowl Special Nachos Grande served with Fresh Salsa	Veggie Delight - Breaded Eggplant & Provolone Cheese on a Baguette with Roasted Red Peppers & Pesto	Greek Salad - Olives, Tomatoes, Red Onion & Cucumbers over a bed of Romaine Lettuce topped with Crumbled Feta Cheese	

Proud to feature products when available



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. Menu Subject to Change

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.



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Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMSTAND

AVAILABLE DAILY

Monday 12	Baked Pesto Pasta with Cherry Tomatoes	Burrito Bowl with Choice of Toppings	Boar's Head Ham & Cheddar Cheese Club with Bacon, Lettuce & Tomato on a Wrap with Mustard	Classic Caesar Salad or Chicken Caesar Salad	 Boar's Head Made-to-Order Deli Bar   Ciro's Cheese Pizza  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  Salad Bar by the Ounce Local Apple
Tuesday 13	Chicken Cutlet Sandwich with Lettuce, Tomato & Red Onion	Dumplings with Fried Rice & an Egg Roll	Boar's Head Turkey with Provolone Cheese & Balsamic Mayonnaise on Multi Grain Roll	Tuna Salad over a bed of Mixed Greens with Assorted Veggies & Crackers	
Wednesday 14	Pollo Saltado - Chicken, Peppers, Onions & Tomato over Steak Fries with a Side of Rice	Penne Pasta & Broccoli with Garlic Bread	Grilled Chicken BLT & Swiss on a Ciabatta Roll	BLT Salad - Crispy Bacon, Tomato, Red Onion & Shredded Mozzarella Cheese served over a bed of Lettuce with Croutons	
Thursday 15	Pasta Pomodoro served with a Side Salad	Chicken Parmesan Sub served with a Caesar Salad	Roast Beef & Turkey with Swiss & Bacon on Sour Dough	Chicken Cobb Salad - Sliced Grilled Chicken over a bed of Lettuce topped with Bacon, Tomato, Egg, Avocado & Crumbled Blue Cheese	
Friday 16	Buffalo Chicken Macaroni & Cheese.	Beef Chili in a Bread Bowl with Cheddar Cheese, Sour Cream & Green Onions	Chicken Salad with Romaine Lettuce on a Multi-Grain Roll	Spinach Salad topped with Fresh Sliced Mushrooms, Onion, Bacon & Cheese served with Baked Pita Chips	

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FRESH FARMISTAND

AVAILABLE DAILY

Monday 19	NO LUNCH SERVED CLOSED FOR PRESIDENT'S DAY	NO LUNCH SERVED CLOSED FOR PRESIDENT'S DAY	NO LUNCH SERVED CLOSED FOR PRESIDENT'S DAY	NO LUNCH SERVED CLOSED FOR PRESIDENT'S DAY	 Boar's Head Made-to-Order Deli Bar   Ciro's Cheese Pizza  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  Salad Bar by the Ounce
Tuesday 20	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	
Wednesday 21	Baked Potato Bar with, Bacon, Broccoli, Chili & Cheese Sauce	Barbecue Pulled Pork Sandwich served with French Fries	Corned Beef & Swiss on Rye Bread	Chipotle Ranch Chicken Salad Chicken, Avocado, Corn Tomato, Pepper, Jack Cheese, & Tortilla Chips	
Thursday 22	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	
Friday 23	Creamy Cajun Chicken Pasta with Garlic Bread	Personal Pan Pizza served with a Side Salad	Boar's 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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AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

Monday 26	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	   
Tuesday 27	Herb-Roasted Chicken with Local Honey-Roasted Local Purple Sweet Potatoes & Corn	Tortellini with Pomodoro Sauce served with a Caesar Side Salad	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	
Wednesday 28	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	
Thursday 29	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	
Friday 1	Vegetarian or Cheese Flatbread	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	

Boar's Head
Made-to-Order Deli Bar



Ciro's Cheese Pizza

Chicken Nuggets
Quarter Pounder Burgers
Spicy/Plain Chicken Patty
Mozzarella Sticks

Salad Bar by the Ounce

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