

WATCHUNG HILLS REGIONAL HIGH SCHOOL – MARCH 2024







Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

Monday 4	Pesto Mozzarella Grilled Cheese Sandwich served with Fries	General Tso's Chicken with Broccoli & Rice	The Caesar Pleaser - Crispy Chicken & Provolone Cheese on a Ciabatta Roll with Romaine Lettuce & Caesar Dressing	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 Blueberry Parfait
Tuesday 5	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	Tuna Salad over a bed of Mixed Greens with Assorted Veggies & Crackers	
Wednesday 6	Flavors Around the World Japan Congee	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	
Thursday 7	Warrior Chicken Bowl – Local Yellow 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 with Bacon, Tomato, Egg, Avocado & Crumbled Blue Cheese	
Friday 8	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	Spinach Salad topped with Fresh Sliced Mushrooms, Onion, Bacon & Cheese served with Baked Pita Chips	

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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. 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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Monday 11	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	 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 12	Sausage & Cheese Stromboli with Marinara Sauce	Grilled Cheese Sandwich on Texas Toast served with Tomato Bisque	Pastrami & Swiss on Rye	Broccoli Salad	
Wednesday 13	Flavors Around the World Argentina Choripan	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	
Thursday 14	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	
Friday 15	ST. PATRICK'S DAY CELEBRATION Corned Beef, Cabbage & Potato Served with Irish Soda Bread	Personal Pan Pizza served with a Side Salad	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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Monday 18	Potato & Cheese Pierogi over Warm Cabbage with Onions & Sour Cream	Cheesesteak Hero with Peppers & Onions served with Onion Rings	Boars 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 19	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 20	Flavors Around the World Sweden Swedish Meatballs & Egg Noodles	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 21	Cinnamon French Toast served with Fresh Fruit	Barbecue Pulled Pork Sandwich served with French Fries	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 22	Huli Huli Chicken served with Rice.	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	

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Monday 25	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
Tuesday 26	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 27	Flavors Around the World Korean Beef Bulgogi	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 28	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 29	School Closed Spring Recess	School Closed Spring Recess	School Closed Spring Recess	School Closed Spring Recess	

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