



# 2022-2023

## Watchung Hills Regional School District

**GLUTEN-SAFE MENU** Only with documented allergy

**GLUTEN-FREE STUDENTS MUST ORDER FROM THIS MENU ONLY**

- Mondays (M)** All-Natural Chicken Tenders w/ Tortilla Rounds
- Tuesdays (T)** Sabrett All-Beef Hot Dog on a Gluten-Free Bun
- Wednesdays (W)** Grilled Chicken Sandwich
- Thursdays (TH)** Hamburger on a Gluten-Free Bun
- Fridays (F)** Cheese Pizza

**A Complete Lunch Includes:**  
 Entrée (with Protein/Grain)  
**Fruit/Vegetable**  
 Milk

- Available Daily 1 (AD1)** Hummus Bento Box w/ Tortilla Rounds
- Available Daily 2 (AD2)** Turkey & Cheese Sandwich
- Available Daily 3 (AD3)** Ham & Cheese Sandwich

**Important consideration when deciding to participate in Gluten-Safe school lunch offerings:**

Pomptonian's staff prepares and cooks a wide variety of meals and does not have separate equipment and space for gluten-safe (GS) meal preparation. To minimize the chance for cross-contamination, the GS items that are available for pre-order, are prepared by trained staff with, as per the manufacturer's label, gluten-safe ingredients.

**Cut at this line and keep the above menu portion for your reference.**  
 Please submit lunch forms promptly. Late submissions may not be properly recorded.

"This institution is an equal opportunity provider."

Please use the codes listed above to indicate your selections *for the month* on the order form below and return it by 1 week prior in an envelope to your school cafeteria. Please be sure to put money on your child's account prior to placing orders. It is important to go over the menu with your child. If your student is going to be absent on a day that lunch was ordered, please call the Food Service Director at 908-647-4800 between 8:00 & 8:30 a.m. the morning the student is to be absent.

MONTH:	MON	TUE	WED	THU	FRI
Week of:					
Week of:					
Week of:					
Week of:					
Week of:					

STUDENT'S NAME \_\_\_\_\_

GRADE/TEACHER \_\_\_\_\_

SCHOOL \_\_\_\_\_

PARENT/GUARDIAN PHONE # \_\_\_\_\_

PARENT/GUARDIAN E-MAIL \_\_\_\_\_

NUMBER OF MEALS SELECTED \_\_\_\_\_

**NOTE TO FREE LUNCH RECIPIENTS:** If you plan to participate in the lunch program, you **must** fill out and return this form.