

WATCHUNG HILLS HIGH SCHOOL

MAY 2022



AVAILABLE DAILY

Monday 2	Penne Pasta with Broccoli in Garlic Sauce	Chicken or Cheese Quesadilla served Guacamole & Sour Cream & Pear Salsa	 Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches Ciro's Pizzas Quarter Pounder Chicken Nuggets Mozzarella Sticks Spicy or Plain Chicken Sandwich Chicken Tender & Fries Assorted Grab & Go Salad Specials
Tuesday 3	Herb-Roasted Chicken with Mashed Potatoes & Corn	Tortellini with Pomodoro Sauce served with a Caesar Side Salad	
Wednesday 4	Pasta with Marinara Sauce served with Garlic Bread	Spanish Pork served with Yellow Rice & Plantains	
Thursday 5	Ham & Cheese Calzone	Teriyaki Chicken Stir-Fry with Rice & an Egg Roll	
Friday 6	Pepperoni Rolls served with Marinara Sauce	Burger Bar – Hamburger on a Bun with Choice of Toppings served with Fries	



Allergy Aware menus are available for students w/ food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand & a Choice of Milk.

Also available daily: Assorted cold beverages, soups, vegetables & fresh & chilled fruit bowl.

Your comments are important to us. Please e-mail us at comments@pomptonian.com.

Menu Subject to Change. Product substitutions may occur due to supply chain disruptions as a result of COVID-19








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Monday 9	Pesto Mozzarella Grilled Cheese Sandwich served with Fries	General Tso's Chicken with Broccoli & Rice	  Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches Ciro's Pizzas Quarter Pounder Chicken Nuggets Mozzarella Sticks Spicy or Plain Chicken Sandwich Chicken Tender & Fries    Assorted Grab & Go Salad Specials
Tuesday 10	Chicken Pot Pie with a Mashed Potato Crust	Taco Tuesday - Seasoned Beef Taco with a choice of Cheese, Lettuce, Tomato & Salsa	
Wednesday 11	Burrito Bowl with Choice of Toppings	Penne Pomodoro served with a Side Salad	
Thursday 12	Warrior Chicken Bowl - Mashed Potatoes topped with Sweet Corn, Crispy Chicken, Gravy & Cheese	Cavatappi & Broccoli served with a Side Salad	
Friday 13	Roasted Tomato Chicken & Onions over Pasta served with Side Salad	Hot Sloppy Joe Sandwich served with Chips	



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Daily Dish



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Monday 16	Penne Pasta with Broccoli & a Side Salad	Grill Burger - Beef Patty, Bacon, Barbecue Sauce & American Cheese on a Bun with Cajun Fries	<p><i>Deli Central</i></p> <p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p>  <p>Ciro's Pizzas</p> <p>Quarter Pounder Chicken Nuggets Mozzarella Sticks Spicy or Plain Chicken Sandwich Chicken Tender & Fries</p> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p> <p>FRESH FARMSTAND</p> <p>Assorted Grab & Go Salad Specials</p>
Tuesday 17	Sausage & Cheese Stromboli with Marinara Sauce	Grilled Cheese Sandwich on Texas Toast served with Tomato Bisque	
Wednesday 18	Beef Gyro	Waffles with Strawberries & Chocolate Chips	
Thursday 19	BBQ Pulled Chicken Served with Fries	Eggplant, Zucchini & Onion Ratatouille over Rigatoni Pasta	
Friday 20	Personal Pan Pizza served with side salad	Turkey Club with Cheddar Cheese, Bacon & Tomato on Sourdough Bread served with Curly Fries	



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AVAILABLE DAILY

Monday 23	Potato & Cheese Pierogi over Warm Cabbage with Onions & Sour Cream	Cheesesteak Hero with Peppers & Onions served with Onion Rings	  Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches  Ciro's Pizzas Quarter Pounder Chicken Nuggets Mozzarella Sticks Spicy or Plain Chicken Sandwich Chicken Tender & Fries    Assorted Grab & Go Salad Specials
Tuesday 24	Veggie Fried Rice with an Egg Roll & a Fortune Cookie	Spaghetti & Meatballs served with a side salad	
Wednesday 25	Homemade Baked Ziti with a Caesar Side Salad	Chicken Dumpling with Eggroll & Fried Rice	
Thursday 26	Penne Pasta & Broccoli with Garlic Bread	Nachos Grande served with Fresh Salsa	
Friday 27	NO LUNCH SERVED CLOSED FOR MEMORIAL DAY		



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<p>Monday 30</p>			<p><i>Deli Central</i></p> <p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p>  <p>Ciro's Pizzas</p> <p>Quarter Pounder Chicken Nuggets Mozzarella Sticks Spicy or Plain Chicken Sandwich Chicken Tender & Fries</p> <p>AMERICAN GRILLE</p> <p>FRESH FARMISTAND</p> <p>Assorted Grab & Go Salad Specials</p> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p>
<p>Tuesday 31</p>	<p>Chicken Chipotle Sandwich</p>	<p>Cinnamon French Toast with a side of fruit</p>	



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