




**Free meals for all students\***



[Take Home Meal  
Storage and Handling  
Instructions](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cheeseburger on a Bun, French Fries & Fruit	2 Pancake Pouch w/ Egg Patty Vegetable & Fruit	3 Boneless Chicken Wings w/ a Dinner Roll Vegetable & Fruit	4 Pizza Vegetable & Fruit
7 Chicken Tenders w/ a Dinner Roll Vegetable & Fruit	8 Ham & Cheese Sandwich Vegetable & Fruit	9 French Toast w/ Egg Patty Vegetable & Fruit	10 Chicken Patty on a Bun Vegetable & Fruit	11 Personal Pan Pizza Vegetable & Fruit
14 Fajita Chicken w/ a Dinner Roll Vegetable & Fruit	15 Meatballs w/ Cheese & Garlic Bread Vegetable & Fruit	16 <b>Holiday Luncheon</b> Chicken Parmesan w/ a Dinner Roll, Green Beans & Apple Cinnamon Muffin	17 Fish Sticks w/ a Dinner Roll Vegetable & Fruit	18 Pizza Vegetable & Fruit
21 Chicken Nuggets w/ a Dinner Roll Vegetable & Fruit	22 Soft Shell Beef & Cheese Tacos Vegetable & Fruit	23 Pizza Vegetable & Fruit	24	25
28	29	30 	31	

**Contact your cafeteria for  
Alternate Vegetarian Options**



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](http://www.pomptonian.com).

**A Complete Lunch Includes:**  
Protein, Grain, Vegetable & Fruit  
**Milk Choice**

*Menu Subject to Change*



**At least 50% of All Grains served  
w/ your meal are Whole Grain Rich**



**\*USDA approved until further notice**

"This institution is an equal opportunity provider."