





WEST ESSEX REGIONAL SCHOOL – FEBRUARY 2024



AVAILABLE DAILY

Monday 29	Beef Chili with Beans & Vegetables served with a Dinner Roll	Turkey Panini with Munster Cheese, Lettuce, Tomato & Thousand Island Dressing	 <p>Proudly offering a Boar's Head Deli Bar with Made-to-Order Sandwiches, Wraps & Panini</p> <p>Grab & Go Sandwiches & Wraps also available</p>  <p>Pizzeria Pizza</p>  <p>AMERICAN GRILLE</p> <p>Crispy Chicken Sandwich Spicy Chicken Sandwich Burgers on Buns & more</p> <p>A Variety of Fresh Grab 'n Go Salads Assorted salad selections are offered with a Roll</p> 
Tuesday 30	Ricotta & Mozzarella Cheese Stuffed Shells with Tomato Basil Sauce & a Dinner Roll	Italian Panini with Ham, Salami, Pepperoni & Provolone Cheese with a Balsamic Drizzle	
Wednesday 31	General Tso's Chicken with Fried Rice & a Vegetable Egg Roll	Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach	
Thursday 01	Homemade Ham & Cheese Calzone with Marinara Sauce	Spinach, Turkey, & Bacon Panini	
Friday 02	Homemade Baked Ziti with Steamed Green Beans	Grilled Veggie Panini with Mozzarella Cheese	

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 beverages, homemade soups, & fresh & chilled fruit bowl. 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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AVAILABLE DAILY

Monday 05	Chicken Bowl – Mashed Potatoes topped with Corn, Crispy Chicken, Gravy & Cheese with a Roll	Turkey Panini with Munster Cheese, Lettuce, Tomato & Thousand Island Dressing	 <p>Proudly offering a Boar's Head Deli Bar with Made-to-Order Sandwiches, Wraps & Panini</p> <p>Grab & Go Sandwiches & Wraps also available</p>  <p>Pizzeria Pizza</p>  <p>AMERICAN GRILLE</p> <p>Crispy Chicken Sandwich Spicy Chicken Sandwich Burgers on Buns & more</p> <p>A Variety of Fresh Grab 'n Go Salads <i>Assorted salad selections are offered with a Roll</i></p> 
Tuesday 06	Spaghetti & Meatballs topped with Marinara Sauce	Italian Panini with Ham, Salami, Pepperoni & Provolone Cheese with a Balsamic Drizzle	
Wednesday 07	Italian-Style Hot Dog served with Potatoes, Peppers & Onions on Pizza Bread	Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach	
Thursday 08	CELEBRATE LUNAR NEW YEAR Beef & Broccoli over Lo Mein Noodles w/ a Fortune Cookie	Spinach, Turkey, Ham & Bacon Panini	
Friday 09	6 Foot Italian Sub w/ Macaroni Salad	Grilled Veggie Panini with Mozzarella Cheese	

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**Panini
Place**

AVAILABLE DAILY

Monday 12	Barbecue Rib on a Bun with Garlic Mashed Potatoes Local Apple	Turkey Panini with Munster Cheese, Lettuce, Tomato & Thousand Island Dressing	 <p>Proudly offering a Boar's Head Deli Bar with Made-to-Order Sandwiches, Wraps & Panini</p> <p>Grab & Go Sandwiches & Wraps also available</p>  <p>Pizzeria Pizza</p>  <p>AMERICAN GRILLE</p> <p>Crispy Chicken Sandwich Spicy Chicken Sandwich Burgers on Buns & more</p> <p>A Variety of Fresh Grab 'n Go Salads Assorted salad selections are offered with a Roll</p> 
Tuesday 13	Jersey Burger – Beef Burger with Taylor Ham, Egg & Cheese on a Roll	Italian Panini with Ham, Salami, Pepperoni & Provolone Cheese with a Balsamic Drizzle	
Wednesday 14	Pasta Bar – Pasta with Choice of Sauces & Toppings served with Garlic Knots	Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach	
Thursday 15	Hot Sloppy Joe Sandwich on a Roll with Tater Tots	Spinach, Turkey, Ham & Bacon Panini	
Friday 16	NO LUNCH ½ DAY	NO LUNCH ½ DAY	

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**FOOD
ALLERGIES**





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AVAILABLE DAILY

Monday 19	NO SCHOOL PRESIDENTS DAY	NO SCHOOL PRESIDENTS DAY	 <p>Proudly offering a Boar's Head Deli Bar with Made-to-Order Sandwiches, Wraps & Panini</p> <p>Grab & Go Sandwiches & Wraps also available</p>  <p>Pizzeria Pizza</p>  <p>AMERICAN GRILLE</p> <p>Crispy Chicken Sandwich Spicy Chicken Sandwich Burgers on Buns & more</p> <p>A Variety of Fresh Grab 'n Go Salads Assorted salad selections are offered with a Roll</p> 
Tuesday 20	NO SCHOOL	NO SCHOOL	
Wednesday 21	Baked Macaroni and Cheese with Sautéed Broccoli	Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach	
Thursday 22	Hot Turkey Sandwich with Local Honey-Roasted Purple Sweet Potatoes, Gravy & Seasoned Vegetables	Spinach, Turkey, Ham & Bacon Panini	
Friday 23	Penne Pasta served with Pink Sauce, Meatballs & a Dinner Roll	Grilled Veggie Panini with Mozzarella Cheese	

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Monday 26	Empanadas w/Rice & Beans	Turkey Panini with Munster Cheese, Lettuce, Tomato & Thousand Island Dressing	 <p>Proudly offering a Boar's Head Deli Bar with Made-to-Order Sandwiches, Wraps & Panini</p> <p>Grab & Go Sandwiches & Wraps also available</p>  <p>Pizzeria Pizza</p>  <p>AMERICAN GRILLE</p> <p>Crispy Chicken Sandwich Spicy Chicken Sandwich Burgers on Buns & more</p> <p>A Variety of Fresh Grab 'n Go Salads Assorted salad selections are offered with a Roll</p> 
Tuesday 27	Vegetable Lo Mein with an Egg Roll	Italian Panini with Ham, Salami, Pepperoni & Provolone Cheese with a Balsamic Drizzle	
Wednesday 28	Cavatelli & Broccoli served with Chicken or Cannellini Beans	Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach	
Thursday 29	Chicken & Waffles	Spinach, Turkey, Ham & Bacon Panini	
Friday 01	Chicken Parmesan on a Bun	Grilled Veggie Panini with Mozzarella Cheese	

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