

WEST ESSEX REGIONAL SCHOOL – APRIL 2024



AVAILABLE DAILY

Monday 8	Grilled Cheese Sandwich on Texas Toast served with Tomato Soup	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 9	Build-Your-Own Burger or Chicken Sandwich – Beef Burger or Chicken Fillet on a P Bun with Your Choice of Toppings	Italian Panini with Ham, Salami, Pepperoni & Provolone Cheese with a Balsamic Drizzle	
Wednesday 10	Baked Macaroni and Cheese with Sautéed Broccoli	Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach	
Thursday 11	Hot Turkey Sandwich with Mashed Potatoes, Gravy & Seasoned Vegetables	Spinach, Turkey, Ham & Bacon Panini	
Friday 12	Penne Pasta served with Pink Sauce, Meatballs & a Dinner Roll	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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Monday 15	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 16	Vegetable Lo Mein with an Egg Roll	Italian Panini with Ham, Salami, Pepperoni & Provolone Cheese with a Balsamic Drizzle	
Wednesday 17	Cavatelli & Broccoli served with Chicken or Cannellini Beans	Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach	
Thursday 18	Chicken & Waffles	Spinach, Turkey, Ham & Bacon Panini	
Friday 19	Chicken Parmesan on a Bun	Grilled Veggie Panini with Mozzarella Cheese	

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Monday 22	Mediterranean Tabbouleh Bento Box Sorghum Tabbouleh-Sample	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 23	Nachos Grande w/ Scoops Chips & Choice of Toppings Sorghum Tabbouleh Sample	Italian Panini with Ham, Salami, Pepperoni & Provolone Cheese with a Balsamic Drizzle	
Wednesday 24	Oven-Baked Cheese Ravioli served w/ Texas Toast Garlic Bread	Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach	
Thursday 25	Super Sampler - Mozzarella Sticks, Barbecue-Glazed Boneless Chicken Wings & Onion Rings	Spinach, Turkey, Ham & Bacon Panini	
Friday 26	Boneless Chicken Wings with Dipping Sauces & Garlic Bread Sauteed Local Spinach	Grilled Veggie Panini with Mozzarella Cheese	

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Monday 29	Shredded Beef, Salsa Roja & Cheese Tamale-Los Cabos	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 01	General Tso's Chicken with Fried Rice & a Vegetable Egg Roll	Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach	
Thursday 02	Homemade Ham & Cheese Calzone with Marinara Sauce	Spinach, Turkey, & Bacon Panini	
Friday 03	Homemade Baked Ziti with Steamed Green Beans	Grilled Veggie Panini with Mozzarella Cheese	

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