

WEST ESSEX REGIONAL SCHOOL – MAY 2024




Daily Dish



Panini Place

AVAILABLE DAILY

<p>Monday 29</p>	<p>Shredded Beef, Salsa Roja & Cheese Tamale-Los Cabos</p>	<p>Turkey Panini with Munster Cheese, Lettuce, Tomato & Thousand Island Dressing</p>	<p><i>Deli Central</i> 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>PIZZA ZONE</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> <p>FRESH FARMISTAND</p>
<p>Tuesday 30</p>	<p>Ricotta & Mozzarella Cheese Stuffed Shells with Tomato Basil Sauce & a Dinner Roll</p>	<p>Italian Panini with Ham, Salami, Pepperoni & Provolone Cheese with a Balsamic Drizzle</p>	
<p>Wednesday 01</p>	<p>General Tso's Chicken with Fried Rice & a Vegetable Egg Roll</p>	<p>Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach</p>	
<p>Thursday 02</p>	<p>Homemade Ham & Cheese Calzone with Marinara Sauce</p>	<p>Spinach, Turkey, & Bacon Panini</p>	
<p>Friday 03</p>	<p>Homemade Baked Ziti with Steamed Green Beans</p>	<p>Grilled Veggie Panini with Mozzarella Cheese</p>	

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

FOOD ALLERGIES

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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<p>Monday 06</p>	<p>Chicken Bowl – Mashed Potatoes topped with Corn, Crispy Chicken, Gravy & Cheese with a Roll</p>	<p>Turkey Panini with Munster Cheese, Lettuce, Tomato & Thousand Island Dressing</p>	<p><i>Deli Central</i> 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> 
<p>Tuesday 07</p>	<p>Beef Enchilada w/ Local Scallions served w/ Rice & Beans</p>	<p>Italian Panini with Ham, Salami, Pepperoni & Provolone Cheese with a Balsamic Drizzle</p>	
<p>Wednesday 08</p>	<p>Italian-Style Hot Dog served with Potatoes, Peppers & Onions on Pizza Bread</p>	<p>Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach</p>	
<p>Thursday 09</p>	<p>Bruschetta Grilled Chicken with Broccoli & Garden Rice Local Applesauce</p>	<p>Spinach, Turkey, Ham & Bacon Panini</p>	
<p>Friday 10</p>	<p>Buffalo Chicken Hero served with Sweet Potato Fries</p>	<p>Grilled Veggie Panini with Mozzarella Cheese</p>	

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Monday 13	Barbecue Rib on a Bun with Garlic Mashed Potatoes	Turkey Panini with Munster Cheese, Lettuce, Tomato & Thousand Island Dressing	<p><i>Deli Central</i> 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>PIZZA ZONE</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> <p>FRESH FARMISTAND</p>
Tuesday 14	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 15	Pasta Bar – Pasta with Choice of Sauces & Toppings served with Garlic Knots	Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach	
Thursday 16	Hot Sloppy Joe Sandwich on a Roll with Tater Tots	Spinach, Turkey, Ham & Bacon Panini	
Friday 17	Sausage & Pepper Hero with Garlic Green Beans	Grilled Veggie Panini with Mozzarella Cheese	

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Monday 20	Grilled Cheese Sandwich on Texas Toast served with Tomato Soup	Turkey Panini with Munster Cheese, Lettuce, Tomato & Thousand Island Dressing
Tuesday 21	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 22	Baked Macaroni and Cheese with Sautéed Broccoli Johnny Pops	Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach
Thursday 23	Hot Turkey Sandwich with Mashed Potatoes, Gravy & Seasoned Vegetables	Spinach, Turkey, Ham & Bacon Panini
Friday 24	NO LUNCH ½ DAY	NO LUNCH ½ DAY

Deli Central

Proudly offering a Boar's Head Deli Bar with Made-to-Order Sandwiches, Wraps & Panini

Grab & Go Sandwiches & Wraps also available



Pizzeria Pizza

PIZZA ZONE

AMERICAN GRILLE

Crispy Chicken Sandwich
Spicy Chicken Sandwich
Burgers on Buns
& more

A Variety of Fresh Grab 'n Go Salads
Assorted salad selections are offered with a Roll

FRESH FARMISTAND

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<p>Monday 27</p>	<p>NO SCHOOL MEMORIAL DAY</p>	<p>NO SCHOOL MEMORIAL DAY</p>	<p><i>Deli Central</i> 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>PIZZA ZONE</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> <p>FRESH FARMISTAND</p>
<p>Tuesday 28</p>	<p>Vegetable Lo Mein with an Egg Roll</p>	<p>Italian Panini with Ham, Salami, Pepperoni & Provolone Cheese with a Balsamic Drizzle</p>	
<p>Wednesday 29</p>	<p>Cavatelli & Broccoli served with Chicken or Cannellini Beans</p>	<p>Grilled Chicken Panini with Mozzarella Cheese, Roasted Peppers & Spinach</p>	
<p>Thursday 30</p>	<p>Chicken & Waffles</p>	<p>Spinach, Turkey, Ham & Bacon Panini</p>	
<p>Friday 31</p>	<p>Chicken Parmesan on a Bun</p>	<p>Grilled Veggie Panini with Mozzarella Cheese</p>	

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