







Monday 6	Hot Open Turkey with Mashed Potatoes, Gravy & Corn	Spicy Chicken BLT on a Hero Roll	Baked Ziti with Garlic Bread	Deli Central	Made-to-Order Deli Bar Assorted Grab & Go Sandwiches
Tuesday 7	Soy & Ginger-Glazed Chicken with Rice & a Crispy Egg Roll (Vegetarian alternate available)	Local Apple Grilled Cheese Sandwich	Rigatoni Primavera with Dinner Roll	American Grille	Pizzeria Pizza  Chicken Tenderloins Crispy Chicken Patty Sandwich Burgers on Buns Mozzarella Sticks
Wednesday 8	Honey Harissa Chicken Grain Bowl	Chicken & Waffles with Syrup & Honey Mustard Dipping Sauce	Penne Alfredo & Garlic Bread		Chicken Nuggets Plant-Based Tenders Garden Burger on a Bun
Thursday 9	Spicy BBQ Chicken with Rice & Vegetables	3-D Burger with Fried Onions on a Kaiser Roll	Farfalle Pasta with Broccoli, Cheese, Garlic & Oil	<b>♦</b>	Mediterranean Bento Box – Hummus with Fresh Vegetables & Pita Chips Paris Café – Assorted Cheese Cubes with a Mini Croissant & Sweet Grapes Assorted Pastas & Sauces
Friday 10	Roast Chicken with Mashed Potatoes & Cornbread	Cougar Burger - Cheeseburger with Barbecue Sauce & Onion Rings on Kaiser Roll	"Our Secret" Macaroni & Cheese with Cornbread	FRESH FARNISTAND	Farm Fresh Salad Bar Assorted Grab & Go Salad Specials Assorted salad selections offered with a Roll

### Vegetarian Entrées in Green



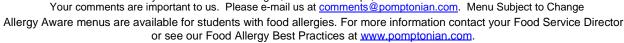
A complete meal includes: Entrée with Protein/Grain, Servings of Fruit/Vegetable & a Choice of Milk.

Also available daily: Assorted cold beverages, homemade soups, fresh & chilled fruit bowl & bread basket.

Your comments are important to us. Please e-mail us at <a href="mailto:comments@pomptonian.com">comments@pomptonian.com</a>. Menu Subject to Change

Avaira monus are available for students with food allergies. For more information contact your Food Sonice I











# AVAILABLE DAILY

Monday 13	COLUMBUS DAY	MINIMUM DAY	PROFESSIONAL DAY	Deli Central	Made-to-Order Deli Bar Assorted Grab & Go Sandwiches
Tuesday 14	Cavatelli & Broccoli with Cannellini Beans & Garlic Bread	Fresh Barbecue Chicken, Bacon & Cheddar Cheese Quesadilla	Celebrate Hispanic Heritage Month Pastelon – Plantain Lasagna	American Grille	Pizzeria Pizza  Chicken Tenderloins Crispy Chicken Patty Sandwich Burgers on Buns Mozzarella Sticks
Wednesday 15	Beef & Pea Arancini with Pasta	Bacon Cheeseburger on a Kaiser Roll	Pasta Salad with Fresh Vegetables & Vinaigrette	©KILLE	Chicken Nuggets Plant-Based Tenders Garden Burger on a Bun  Mediterranean Bento Box – Hummus
Thursday 16	Asian Chicken Lettuce Wrap with Vegetable Lo Mein featuring Local Field Lettuce	Cheesesteak in a Whole Wheat Wrap with Fried Onions	Penne with Spicy Jersey Fresh Marinara Sauce & Sausage	<b>♦</b>	with Fresh Vegetables & Pita Chips Paris Café – Assorted Cheese Cubes with a Mini Croissant & Sweet Grapes Assorted Pastas & Sauces
Friday 17	Mozzarella Sticks with French Fries & Bread	Sabrett All-Beef Hot Dog on a Bun with Fried Peppers & Onions	Pasta with Pink Sauce & Shredded Mozzarella Cheese		Farm Fresh Salad Bar Assorted Grab & Go Salad Specials Assorted salad selections offered with a Roll sey Rainbow Salad with Local Field Luttuce

### Vegetarian Entrées in Green



= Featured Favorite Lunch













# AVAILABLE DAILY

Monday 20	Spicy Teriyaki Chicken with Brown Rice	Buffalo Chicken Sliders on Buns	Pasta & Jersey Fresh Marinara Sauce with Cheese	
Tuesday 21	Crispy Chicken on a Bun with Lettuce & Tomato	Three-Cheese Grilled Cheese on Rye	Tri-Color Pasta with Sausage & Pink Sauce	
Wednesday 22	Chicken Arizona - Grilled Chicken, Roasted Red Peppers, Melted Provolone Cheese & Honey Mustard on a Kaiser Roll	Italian-Style Sabrett All-Beef Hot Dog with Peppers, Onions & Potatoes on Ciabatta	Bow-Tie Pasta with Meatballs & Jersey Fresh Marinara Sauce	
Thursday 23	Honey Harissa Chicken Grain Bowl	Chicken Bowl - Mashed Potatoes topped with Corn, Boneless Chicken Wings, Cheddar Cheese & Gravy with a Roll	Pasta Salad with Veggies, Cheese & Bread	
Friday 24	Stuffed Shells Marinara with Garlic Bread	Fresh Grilled Chicken on a Whole Wheat Kaiser Roll	Rigatoni with Cheese, Sun-Dried Tomatoes & Garlic	

Deli Central

Made-to-Order Deli Bar Assorted Grab & Go Sandwiches

Pizzeria Pizza

PIZZA

American Grille Chicken Tenderloins
 Crispy Chicken Patty Sandwich
 Burgers on Buns
 Mozzarella Sticks
 Chicken Nuggets
 Plant-Based Tenders
 Garden Burger on a Bun

- ♦ Mediterranean Bento Box Hummus with Fresh Vegetables & Pita Chips
- Paris Café Assorted Cheese Cubes with a Mini Croissant & Sweet Grapes Assorted Pastas & Sauces

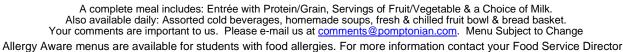
Daily Dish

FRESH FARMSTAND Roasted Local Beets
Farm Fresh Salad Bar

Assorted Grab & Go Salad Specials
Assorted salad selections offered with a Roll
Roasted Local Beets

#### Vegetarian Entrées in Green





or see our Food Allergy Best Practices at www.pomptonian.com.













Monday 27	Sweet Sriracha Chili Chicken & Rice Bowl	Falafel Bowl - Brown Rice topped with Lettuce, Tomatoes & Veggies with Falafel & Tzatziki Sauce	Penne with Broccoli, Cheese, Garlic & Oil	Deli Central	Made-to-Order Deli Bar Assorted Grab & Go Sandwiches  Pizzeria Pizza
Tuesday 28	BBQ Chicken, Bacon & Cheddar Quesadilla	Grilled Cheese Sandwich with <b>Local Broccoli</b> & Cheddar Soup	Pasta with Pink Sauce & Shredded Mozzarella Cheese	American Grille	Chicken Tenderloins Crispy Chicken Patty Sandwich Burgers on Buns Mozzarella Sticks
Wednesday 29	3-D Burger on a Bun	Grilled Fresh Chicken Pesto Hero	Penne with Fresh Spinach, Tomato & Cheese	<b>•</b>	Chicken Nuggets Plant-Based Tenders Garden Burger on a Bun  Mediterranean Bento Box – Hummus
Thursday 30	Four-Cheese Enchiladas with Rice & Beans	Grilled Cheese Sandwich  with Bacon on Rye	Soba Noodle Vegetable Salad (with optional Grilled Chicken)	<b>♦</b>	with Fresh Vegetables & Pita Chips Paris Café – Assorted Cheese Cubes with a Mini Croissant & Sweet Grapes Assorted Pastas & Sauces
Friday 31	Soft Tacos with Beef, Cheddar, & Fresh Guacamole	Mummy Hot Dog with Potato Wedges	Pasta Primavera with Veggies & Cheese	FRESH FARNISTAND	Farm Fresh Salad Bar Assorted Grab & Go Salad Specials Assorted salad selections offered with a Roll

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