

HANOVER PARK REGIONAL HIGH SCHOOLS

January 2026



Daily Dish

Veggie Dish



PASTA STATION

AVAILABLE DAILY

| | | | | |
|------------------------|---|---|--|---|
| Monday 5 | Grilled Chicken Bruschetta with Fresh Tomato, Provolone Cheese & Balsamic Vinaigrette on a Roll | Mozzarella Stick Sampler with Corn Fritters & Onion Rings served over Fries | Baked Ziti with Garlic Bread & Salad Or Pasta Bar |  <p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p>   <p>Assorted Specialty Pizzas</p>  <p>All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns</p>  <p>Assorted Grab & Go Salads</p> |
| Tuesday 6 | Pepperoni Stromboli with Marinara Dipping Sauce OR Mexican Bar | Cheese Stromboli with Marinara Dipping Sauce | Pasta Bar with Assorted Sauces, Meatballs & Garlic Bread & a Side Salad | |
| Wednesday 7 | Wild Wing Wednesday – Assorted Chicken Wings & Sauces served with a Roll & Celery Sticks | Wild Wing Wednesday – Plant-Based Wings & Sauces served with a Roll & Celery Sticks | Macaroni & Cheese with Garlic Bread & Garden Salad Or Pasta Bar | |
| Thursday 8 | <u>Foods Across America</u> <u>North Dakota</u> North Dakota Hot Dish Casserole | Baked Potato Bar with Chili, Cheese, Sour Cream & Bacon Bits | Creamy Chicken Alfredo with Garlic Bread & Garden Salad Or Pasta Bar | |
| Friday 9 | Asian Bar with Lo Mein, Fried Rice, Sweet & Sour Chicken, General Tso's Chicken, Beef & Broccoli, or Chicken & Broccoli | Veggie Lo Mein with an Egg Roll | Pasta Bar with Assorted Sauces, Meatballs & Garlic Bread & a Side Salad | |

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 cold beverages, soups, vegetables & fresh & chilled fruit bowl. All Snacks are in compliance with the State's Guidelines.

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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| Monday 12 | Mexican Bar Or Build-Your-Own Chipotle Bowl | Roasted Vegetable Wrap with Melted Mozzarella Cheese & Garlic Basil Dressing | Pasta Primavera with Garlic Bread & Salad Or Pasta Bar | Deli Central | Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches  |
| Tuesday 13 | Roasted Chicken Dinner with Mashed Potatoes, Gravy, Vegetable & a Dinner Roll w/ Homemade Local Asian Pear & Apple Crisp | Veggie Sampler - Zucchini Sticks, Mozzarella Sticks & Corn Fritters served over French Fries & Onion Rings | Ricotta & Mozzarella Cheese Stuffed Shells with Tomato Basil Sauce & Garlic Bread Or Pasta Bar | PIZZA ZONE | Assorted Specialty Pizzas |
| Wednesday 14 | Wild Wing Wednesday – Assorted Chicken Wings & Sauces served with a Roll & Celery Sticks | Wild Wing Wednesday – Plant-Based Wings & Sauces served with a Roll & Celery Sticks | 3-Cheese Twice-Baked Penne Or Pasta Bar | AMERICAN GRILLE | All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns |
| Thursday 15 | <u>Foods Across America</u> <u>Chicago</u> Italian Hot Beef Sandwich | Falafel Gyro Wrap – Falafel, Onions, Tomato & Tzatziki Sauce in a Wrap | Baked Ziti with Garlic Bread & Garden Salad Or Pasta Bar | FRESH FARMISTAND | Assorted Grab & Go Salads |
| Friday 16 | Staff Professional Development No School | Staff Professional Development No School | Staff Professional Development No School | | |

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| Monday 19 | Martin Luther King Day No School | Martin Luther King Day No School | Martin Luther King Day No School | <i>Deli Central</i> Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches  |
|-----------------|---|--|---|--|
| Tuesday 20 | Chipotle Bar – Make-Your-Own Hard or Soft-Shelled Tacos with Grilled Chicken or Beef Or Bacon Cheddar Burger on a Brioche Roll with Toppings Bar & Special Sauce | Cheese Quesadilla served with Corn & Black Bean Salad | Pasta Bar with Assorted Sauces, Meatballs & Garlic Bread & a Side Salad | PIZZA ZONE Assorted Specialty Pizzas |
| Wednesday 21 | Wild Wing Wednesday – Assorted Chicken Wings & Sauces served with a Roll & Celery Sticks | Wild Wing Wednesday – Plant-Based Wings & Sauces served with a Roll & Celery Sticks | Macaroni & Cheese with Garlic Bread Or Pasta Bar | AMERICAN GRILLE All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns |
| Thursday 22 | <u>Foods Across America</u> <u>Oklahoma</u> Fried Taco w/ Tomato Salsa | Eggplant Parmesan Hero with a Caesar Side Salad | Beef Lasagna with Garlic Bread & Salad Or Pasta Bar | FRESH FARMISTAND Assorted Grab & Go Salads |
| Friday 23 | Homemade Chicken Pot Pie Or Build-Your-Own Chipotle Bowl | Sampler with Pizza Crunchers, Mozzarella Sticks & Zucchini Sticks served with Dipping Sauces & a Dinner Roll | Pasta Bar with Assorted Sauces, Meatballs & Garlic Bread & a Side Salad | |

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| Monday 26 | Barbecue Beef Ribs on a Bun with Coleslaw Or Build-Your-Own Chipotle Bowl | Lasagna Roll-Up with a Side Salad | Pasta Bar with Assorted Sauces, Meatballs & Garlic Bread & a Side Salad |  Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches   Assorted Specialty Pizzas  All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns  Assorted Grab & Go Salads |
| Tuesday 27 | Chicken Sampler with Tenders, Nuggets & Poppers served over Fries | Homemade French Bread Pizza | Pierogi with Butter & Onions Or Pasta Bar | |
| Wednesday 28 | Wild Wing Wednesday – Assorted Chicken Wings & Sauces served with a Roll & Celery Sticks | Wild Wing Wednesday – Plant-Based Wings & Sauces served with a Roll & Celery Sticks | Pasta Bar with Assorted Sauces, Meatballs & Garlic Bread & a Side Salad | |
| Thursday 29 | Asian Bar with Lo Mein, Fried Rice, Chicken & Broccoli, Beef & Broccoli | Plant-Based Sweet Chili & Orange “Chicken” with Veggie Fried Rice | Vegetable Lasagna Or Pasta Bar | |
| Friday 30 | Crispy Chicken with Onion Rings & Special Spicy Sauce, Lettuce & Tomato on a Brioche Roll Or Build-Your-Own Chipotle Bowl | Baked Macaroni & Cheese with Garlic Bread | Spicy Chicken Macaroni & Cheese with Garlic Bread Or Pasta Bar | |

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