

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	 Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches   Assorted Specialty Pizzas
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	Foods Across America <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/ <u>Homemade Local</u> <u>Asian Pear & Apple Crisp</u>	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	Foods Across America <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 FARMSTAND 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		
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	PIZZA ZONE	Assorted Specialty Pizzas
Thursday 22	Foods Across America <u>Oklahoma</u> Fried Taco w/ Tomato Salsa	Eggplant Parmesan Hero with a Caeser Side Salad	Beef Lasagna with Garlic Bread & Salad 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
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	FRESH FARMSTAND	Assorted Grab & Go Salads

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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	Deli Central	Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches 
Tuesday 27	Chicken Sampler with Tenders, Nuggets & Poppers served over Fries	Homemade French Bread Pizza	Pierogi with Butter & Onions Or Pasta Bar	PIZZA ZONE	Assorted Specialty Pizzas
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	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 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	FRESH FARMSTAND	Assorted Grab & Go Salads
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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