

HANOVER PARK REGIONAL HIGH SCHOOLS

October 2025








Daily Dish

Veggie Dish



PASTA STATION

AVAILABLE DAILY

				 Made-to-Order Dietz & Watson 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
Wednesday 1	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	Spaghetti with Chicken Parmesan & Garlic Bread Or Pasta Bar	
Thursday 2		Yom Kippur No School		
Friday 3	Mozzarella & Chicken Panini served with Apple Cobbler	Cheese Stuffed Roll-Up featuring 3 Cheeses & Roasted Peppers in a Wrap	Macaroni & Cheese with Garlic Bread Or Pasta Bar	

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 6	Sausage & Pepper Hero	Italian Sampler – Pizza Crunchers, Mozzarella Sticks & Fried Green Beans	Pasta Bar with Assorted Sauces, Meatballs & Garlic Bread & a Side Salad	 Made-to-Order Dietz & Watson 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 7	Spicy Chicken Twister	Cheese Twister	Bow-Tie Pesto Pasta Bowl Or Pasta Bar	
Wednesday 8	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	Baked Ziti with Garlic Bread Or Pasta Bar	
Thursday 9	Baked Meatball Calzone with Marinara Dipping Sauce	Baked Cheese Calzone with Marinara Dipping Sauce	Pasta Bar with Assorted Sauces, Meatballs & Garlic Bread & a Side Salad	
Friday 10	Pulled Pork Sandwich with Coleslaw & Pickles	Local Apple Grilled Cheese Sandwich	Penne with Pink Sauce Or Pasta Bar	

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Monday 13		Columbus Day No School		<i>Deli Central</i> Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches 
Tuesday 14	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	PIZZA ZONE Assorted Specialty Pizzas
Wednesday 15	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	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 16	<u>Taste the World – Your School Lunch Passport</u> Chicken Tikka Masala with Basmati Rice	Baked Potato Bar with Chili, Cheese, Sour Cream & Bacon Bits	<u>Celebrate Hispanic Heritage Month</u> Pastelon (Plantain Lasagna) Or Pasta Bar	FRESH FARMISTAND Assorted Grab & Go Salads
Friday 17	Asian Bar with Lo Mein, Fried Rice, Sweet & Sour Chicken, General Tso's Chicken, Beef & Broccoli, or Chicken & Broccoli	Asian Lettuce Wrap with Vegetable Lo Mein	Pasta Bar with Assorted Sauces, Meatballs & Garlic Bread & a Side Salad	

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Monday 20	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	 Made-to-Order Dietz & Watson 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 21	Roasted Chicken Dinner with Mashed Potatoes, Gravy, Vegetable & a Dinner Roll with Roasted Local Beets	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	
Wednesday 22	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	
Thursday 23	Mediterranean Chicken or Beef Gyro with, Onions, Tomato & Tzatziki Sauce in Pocketless Pita Or Build-Your-Own Chipotle Bowl	Falafel Gyro Wrap – Falafel, Onions, Tomato & Tzatziki Sauce in a Wrap	Baked Ziti with Garlic Bread & Garden Salad Or Pasta Bar	
Friday 24	Popcorn Chicken Bowl - Chicken Poppers served over Mashed Potatoes & Corn topped with Cheese & Gravy Or Build-Your-Own Chipotle Bowl	Salad Station with Toppings & Dressings tossed-to-order, served with Garlic Bread	Macaroni & Cheese served with Garlic Bread & a Garden Salad Or Pasta Bar	

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Monday 27	Hot Roast Beef served on a Garlic Bread Hero topped with Melted Mozzarella & Au Jus Gravy	Waffle Bar Day - Fresh Waffles with Assorted Toppings	Chicken & Broccoli Penne with Garlic Sauce & Garlic Bread Or Pasta Bar	 Made-to-Order Dietz & Watson 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 28	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 29	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	
Thursday 30	Meatball Parmesan Hero with a Caesar Side Salad Or Chipotle Bar Made-Your-Way	Eggplant Parmesan Hero with a Caesar Side Salad	Beef Lasagna with Garlic Bread & Salad Or Pasta Bar	
Friday 31	Mummy Hot Dog with Local Broccoli & Cheddar Soup 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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