

HANOVER PARK REGIONAL HIGH SCHOOLS

October 2026



**PASTA
STATION**

AVAILABLE DAILY

Monday 5	Sausage & Pepper Hero	Italian Sampler – Pizza Crunchers, Mozzarella Sticks & Fried Green Beans	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 6	Spicy Chicken Twister with a Local Apple Crisp	Cheese Twister	Bow-Tie Pesto Pasta Bowl Or Pasta Bar		
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	Baked Ziti with Garlic Bread Or Pasta Bar	PIZZA ZONE	Assorted Specialty Pizzas
Thursday 8	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	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 9	Pulled Pork Sandwich with Coleslaw & Pickles	Grilled Vegetable Panini	Penne with Pink Sauce Or Pasta Bar	FRESH FARMISTAND	Assorted Grab & Go Salads

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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Daily Dish

Veggie Dish



PASTA STATION

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Monday 12	Columbus Day No School	Columbus Day No School	Columbus Day No School	 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 13	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 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	Macaroni & Cheese with Garlic Bread & Garden Salad Or Pasta Bar	
Thursday 15	All-Beef Hot Dog on a Bun with Local Buffalo Cauliflower <i>Choose from Assorted Fixings: Chili, Chopped Onion, Sauerkraut</i>	Baked Potato Bar with Chili, Cheese, Sour Cream & Bacon Bits	Creamy Chicken Alfredo with Garlic Bread & Garden Salad Or Pasta Bar	
Friday 16	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.

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PASTA STATION

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Monday 19	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 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 20	Roasted Chicken Dinner with Mashed Potatoes, Gravy, Vegetable & a Dinner Roll	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 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	3-Cheese Twice-Baked Penne Or Pasta Bar	
Thursday 22	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 23	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 26	<u>Octoberfest</u> Pierogi w/ Caramelized Onions & Kielbasa	<u>Octoberfest</u> Pierogi w/ Caramelized Onions	Chicken & Broccoli Penne with Garlic Sauce & Garlic Bread Or Pasta Bar	Deli Central	Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches 
Tuesday 27	Chipotle Bar – Make-Your-Own Hard or Soft-Shell Tacos with Grilled Chicken or Beef	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 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	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 29	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	FRESH FARMISTAND	Assorted Grab & Go Salads
Friday 30	Mummy Hot Dog 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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