






WALDWICK MIDDLE/HIGH SCHOOL

OCTOBER 2025



AVAILABLE DAILY

Monday 6	Crispy Chicken w/ Lettuce, Tomato, Bacon & American Cheese on French Bread	Pasta w/ Spinach & Ricotta Cheese	 Assorted Grab & Go Deli Sandwiches Smucker's Peanut Butter & Jelly Uncrustables or Visit our Deli Bar! Fresh Pasta Specials - <i>Don't forget the Garlic Bread!</i> Yogurt Parfaits Hummus & Chips Veggie & Protein Boxes   Assorted Grab & Go Options including: Chicken Tenders Popcorn Chicken Fries A Rotation of Vegetarian & Vegan Selections Are Available Daily or Pre-Order Your Favorite: Vegetable or Impossible Burger Grilled Cheese Sandwich Pasta Pizza Tofu & More   Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip
Tuesday 7	Home-Style Meatloaf w/ Mashed Potatoes, Gravy & Vegetable	Tuna Melt	
Wednesday 8	Beef Bulgogi - Thinly Sliced Beef sautéed in Korean Barbecue Sauce served w/ Rice & Vegetables	Assorted Stromboli	
Thursday 9	Local Honey Harissa Chicken Grain Bowl	Chipotle Chicken Panini	
Friday 10	Local Apple Grilled Cheese Sandwich	Pizzeria Pizza	








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 13	Thai Chicken w/ Rice & Broccoli	Chicken Cutlet Melt	 Assorted Grab & Go Deli Sandwiches Smucker's Peanut Butter & Jelly Uncrustables or Visit our Deli Bar! Fresh Pasta Specials - <i>Don't forget the Garlic Bread!</i> Yogurt Parfaits Hummus & Chips Veggie & Protein Boxes   Assorted Grab & Go Options including: Chicken Tenders Popcorn Chicken Fries A Rotation of Vegetarian & Vegan Selections Are Available Daily or Pre-Order Your Favorite: Vegetable or Impossible Burger Grilled Cheese Sandwich Pasta Pizza Tofu & More   Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip
Tuesday 14	Chicken Hero w/ Peppers, Onions & Crispy Potatoes	Roast Beef & Provolone Croissant Melt	
Wednesday 15	Pastalon (Plantain Lasagna)	Paneer Tikka Masala w/ Basmati Rice & Vegetable	
Thursday 16	Crispy Chicken Pesto Hero w/ Fresh Mozzarella Cheese, Ricotta Cheese, Roasted Red Peppers & Spring Mix	Cheeseburger, Hamburger, or Impossible Cheeseburger	
Friday 17	Buffalo Chicken Wings or Honey Garlic Chicken Wings served w/ choice of Bleu Cheese or Ranch Dressing	Pizzeria Pizza	








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Monday 20	Barbecue Pulled Chicken on Texas Toast w/ Macaroni & Cheese	Spicy Chicken Panini	 Assorted Grab & Go Deli Sandwiches Smucker's Peanut Butter & Jelly Uncrustables or Visit our Deli Bar! Fresh Pasta Specials - <i>Don't forget the Garlic Bread!</i> Yogurt Parfaits Hummus & Chips Veggie & Protein Boxes  Assorted Grab & Go Options including: Chicken Tenders Popcorn Chicken Fries A Rotation of Vegetarian & Vegan Selections Are Available Daily or Pre-Order Your Favorite: Vegetable or Impossible Burger Grilled Cheese Sandwich Pasta Pizza Tofu & More  Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip	
Tuesday 21	Lemon Chicken w/ Rice Pilaf & Roasted Local Beets	Italian Panini		
Wednesday 22	Beef Pad Thai - Thinly Sliced Beef w/ Vegetables served over Rice Noodles	Chipotle Chicken & Cheese Panini		
Thursday 23	Turkey, Bacon & Cheese Panini	Roast Beef w/ Fresh Mozzarella Cheese, Red Peppers & Gravy		
Friday 24	Bacon & Tomato Grilled Cheese Sandwich	Pizzeria Pizza		








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Monday 27	Breaded Chicken Cutlet w/ Fresh Mozzarella Cheese & Balsamic Glaze	Triple-Cheese Cheesesteak Hero	<div>  <p>Assorted Grab & Go Deli Sandwiches Smucker's Peanut Butter & Jelly Uncrustables or Visit our Deli Bar!</p> <p>Fresh Pasta Specials - <i>Don't forget the Garlic Bread!</i> Yogurt Parfaits Hummus & Chips Veggie & Protein Boxes</p> <div>  </div> <p> Assorted Grab & Go Options including: Chicken Tenders Popcorn Chicken Fries</p> <p>A Rotation of Vegetarian & Vegan Selections Are Available Daily or Pre-Order Your Favorite: Vegetable or Impossible Burger Grilled Cheese Sandwich Pasta Pizza Tofu & More</p> <div>  </div> <p> Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip</p> </div>
Tuesday 28	Chicken Quesadilla w/ Mexican Rice	Meatball Parmesan Hero	
Wednesday 29	General Tso's Chicken w/ Fried Rice & Broccoli	Chicken Bacon Ranch Flatbread Pizza	
Thursday 30	BLT Wrap	Local Broccoli & Cheddar Soup	
Friday 31	Mummy Hot Dog	Pizzeria Pizza	



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