

WALDWICK MIDDLE/HIGH SCHOOL

SEPTEMBER 2025



AVAILABLE DAILY

Monday 1			Deli Central 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
Tuesday 2	Teachers' First Day		Daily Dish Assorted Grab & Go Options including: Chicken Tenders Popcorn Chicken Fries
Wednesday 3	Chicken Tikka Masala w/ Basmati Rice & Vegetable	Paneer Tikka Masala w/ Basmati Rice & Vegetable	AMERICAN GRILLE 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
Thursday 4	Crispy Chicken Pesto Hero w/ Fresh Mozzarella Cheese, Ricotta Cheese, Roasted Red Peppers & Spring Mix	Cheeseburger, Hamburger, or Impossible Cheeseburger	Veggie Dish Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip
Friday 5	Buffalo Chicken Wings or Honey Garlic Chicken Wings served w/ choice of Bleu Cheese or Ranch Dressing	<u>National Pizza Day</u> Assorted Personal Pizza 	FRESH FARMSTAND Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip








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 8	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 9	Lemon Chicken w/ Rice Pilaf & Vegetable	Italian Panini		
Wednesday 10	Chicken Pad Thai - Thinly Sliced Chicken w/ Vegetables served over Rice Noodles	Chipotle Chicken & Cheese Panini		
Thursday 11	Turkey, Bacon & Cheese Panini	Roast Beef w/ Fresh Mozzarella Cheese, Red Peppers & Gravy		
Friday 12	Bacon & Tomato Grilled Cheese Sandwich	Pizzeria Pizza		








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Monday 15	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> <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> <p> Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip</p> </div> <div>   </div>
Tuesday 16	Chicken Quesadilla w/ Mexican Rice	Meatball Parmesan Hero	
Wednesday 17	General Tso's Chicken w/ Fried Rice & Broccoli	Chicken Bacon Ranch Flatbread Pizza	
Thursday 18	<u>National Cheeseburger Day</u> Burger Bar Hamburger, Veggie Burger, or Impossible Burger topped w/ Choice of Cheese & Variety of Toppings	Nashville Hot Chicken on a Brioche Bun	
Friday 19	Grilled Mozzarella w/ Tomato & Pesto on Homestyle Bread	Pizzeria Pizza	




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Monday 22	Chicken Stir-Fry over Brown Rice	Chicken Parmesan Hero	<div>Deli Central</div> <div>Assorted Grab & Go Deli Sandwiches Smucker's Peanut Butter & Jelly Uncrustables or Visit our Deli Bar!</div> <div>Fresh Pasta Specials - Don't forget the Garlic Bread! Yogurt Parfaits Hummus & Chips Veggie & Protein Boxes</div> <div>Daily Dish</div> <div>AMERICAN GRILLE</div> <div>Assorted Grab & Go Options including: Chicken Tenders Popcorn Chicken Fries</div> <div>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</div> <div>Veggie Dish</div> <div>FRESH FARMSTAND</div> <div>Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip</div>
Tuesday 23			
Wednesday 24	Chicken Enchilada	Buffalo Ranch Chipotle Chicken & Bacon Wrap	
Thursday 25	National Quesadilla Day Choose from Chicken, Cheese, or Bean Quesadillas	Eggplant Parmesan Hero	
Friday 26	Hispanic Heritage Month Pupusa w/ Local Bell Pepper Curtido	Pizzeria Pizza	



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WALDWICK MIDDLE/HIGH SCHOOL

SEPTEMBER-OCTOBER 2025



AVAILABLE DAILY

Monday 29	Grilled Chicken Wrap w/ Spinach, Red Peppers, Feta Cheese & Tzatziki Sauce	BLT Wrap	<div><div><div>Deli Central</div><div>Assorted Grab & Go Deli Sandwiches Smucker's Peanut Butter & Jelly Uncrustables or Visit our Deli Bar!</div></div><div><div><div>Daily Dish</div><div>Fresh Pasta Specials - Don't forget the Garlic Bread! Yogurt Parfaits Hummus & Chips Veggie & Protein Boxes</div></div><div><div><div>AMERICAN GRILLE</div><div>Assorted Grab & Go Options including: Chicken Tenders Popcorn Chicken Fries</div></div><div><div><div>A Rotation of Vegetarian & Vegan Selections Are Available Daily or Pre-Order Your Favorite:</div><div>Vegetable or Impossible Burger Grilled Cheese Sandwich Pasta Pizza Tofu & More</div></div><div><div><div>Veggie Dish</div><div>Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip</div></div><div><div><div>FRESH FARMISTAND</div><div>Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip</div></div></div></div></div></div></div></div>
Tuesday 30	Patty Melt - Cheeseburger topped w/ Sautéed Onions on Toasted Sourdough Bread	Italian Hero w/ Fresh Mozzarella Cheese	
Wednesday October 1	Breakfast for Lunch - Choose from Pancakes, Eggs, Bacon or Sausage & Hash Browns	BBQ Ranch Wrap	
Thursday 2	<div><div><div>YOM KIPPUR</div><div>EAT PRAY LOVE</div></div></div>		
Friday 3	Swedish Meatballs over Egg Noodles	Pizzeria Pizza	



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