

# WATCHUNG HILLS REGIONAL HIGH SCHOOL – AUGUST 2025



Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

						Dietz & Watson Made-to-Order Deli Bar 
						Ciro's Cheese Pizza
Thursday 28	Pasta & Broccoli served with side salad		The French Bistro – Boar's Head Turkey, Swiss Cheese & Tomato on a Croissant with Dijon-Horseradish Mayonnaise	Fruit & Cheese Salad - Assorted Fresh Fruit & Cheese on a Bed of Lettuce served with Crackers		Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks
Friday 29		Nachos Grande served with Fresh Salsa	Veggie Delight - Breaded Eggplant & Provolone Cheese on a Baguette with Roasted Red Peppers & Pesto Mayonnaise	Egg Salad with Dill over a Bed of Romaine Lettuce with Garden Fresh Veggies		Salad Bar by the Ounce

Proud to feature  
products when available



FOOD  
ALLERGIES

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 & snacks. All snacks are in compliance with the State's Guidelines.  
Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com). Menu Subject to Change

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# WATCHUNG HILLS REGIONAL HIGH SCHOOL – SEPTEMBER 2025








*Daily Dish*

**AMERICAN GRILLE**

*Deli Central*

**FRESH FARMISTAND**

**AVAILABLE DAILY**

Monday 1	LABOR DAY	NO SCHOOL	LABOR DAY	NO SCHOOL	 Dietz & Watson <b>Made-to-Order Deli Bar</b>    <b>Ciro's Cheese Pizza</b>   Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks   Salad Bar by the Ounce	
Tuesday 2	Pork Fried Rice w/ an Egg Roll & a Fortune Cookie	Pasta w/ a Spicy Louisiana-Style Sauce served w/ a Side Salad	Buffalo Chicken Breast w/ American Cheese, Lettuce & Tomato on Whole Wheat Roll	Fruit & Cheese Salad served with Pita Chips		
Wednesday 3	Homemade Baked Ziti w/ a Caesar Side Salad	Wild Wing Wednesday - Spicy Buffalo Chicken Wings w/ Blue Cheese Dip & Celery Sticks	The Western – Roast Beef, Provolone Cheese & Red Onion on an Onion Roll w/ Ranch Dressing	Southwest Chopped Chicken Salad w/ Cheddar Cheese, Corn, Black Beans, Tomatoes & Onions tossed w/ Cilantro Salad Blend & Ranch Dressing, served w/ Corn Chips		
Thursday 4	Cinnamon French Toast served w/ a side of Fruit	BBQ Pulled Pork Sandwich served w/ Cajun French Fries	The French Bistro – Turkey, Swiss Cheese & Tomato on a Croissant w/ Mayo	Buffalo Chicken Salad - Spicy Chicken Salad w/ Celery Sticks & Toast Points over Mixed Greens		
Friday 5	Huli Huli Chicken served w/ Rice & Corn	Nachos Grande served w/ Fresh Salsa	Veggie Delight - Breaded Eggplant & Provolone Cheese on a Baguette w/ Roasted Red Peppers & Pesto	Broccoli Salad w/ Cranberry		

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**AVAILABLE DAILY**

<b>Monday 8</b>	Sweet & Sour Chicken w/ Broccoli over Lo Mein	Beef Burrito served w/ Chips & Salsa	Ham & Cheddar Cheese Club Sandwich w/ Bacon, Lettuce & Tomato on a Wrap w/ Mustard	BBQ Crispy Chicken Salad Tomato, Corn, Cheddar Cheese & Crispy Onion	 <b>Dietz &amp; Watson Made-to-Order Deli Bar</b>   <b>Ciro's Cheese Pizza</b>  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  <b>Salad Bar by the Ounce</b>
<b>Tuesday 9</b>	Nashville Hot Chicken Sandwich served w/ French Fries	Baked Pesto Pasta w/ Cherry Tomatoes	Pepper Turkey w/ Provolone Cheese & Balsamic Mayonnaise on a Ciabatta Roll	Chipotle Ranch Chicken Salad w/ Avocado, Corn, Tomato, Pepper Jack Cheese & Tortilla Chips	
<b>Wednesday 10</b>	Pollo Saltado - Chicken, Peppers, Onions & Tomato over Steak Fries w/ a Side of Rice	Penne Pasta & Broccoli w/ Garlic Bread	Grilled Chicken BLT on a Ciabatta Roll	BLT Salad - Crispy Bacon, Tomato, Red Onion & Shredded Mozzarella Cheese served over a bed of Lettuce w/ Croutons	
<b>Thursday 11</b>	Pasta Pomodoro served w/ a Side Salad	Chicken Parmesan Sub served w/ Fries	Grilled Chicken Bruschetta Sandwich w/ Tomato, Red Onion & Provolone Cheese served on a French Baguette w/ Pesto	Chicken Cobb Salad - Sliced Grilled Chicken over a bed of Lettuce topped w/ Bacon, Tomato, Egg, Avocado & Crumbled Blue Cheese	
<b>Friday 12</b>	Ramen Noodle Bowl	Beef Chili in a Bread Bowl w/ Cheddar Cheese, Sour Cream & Green Onions	Corned Beef on Rye w/ Swiss Cheese	Greek Salad - Olives, Tomatoes, Red Onion & Cucumbers over a bed of Romaine Lettuce topped w/ Crumbled Feta Cheese	

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**AVAILABLE DAILY**

<b>Monday 15</b>	Chicken Tikka Masala over Rice w/ Naan Bread	Meatball Parmesan Sub served w/ Fries	Buffalo Chicken Wrap w/ Crispy Chicken & Blue Cheese Dressing	Bruschetta Salad - Fresh Homemade Bruschetta over Romaine Lettuce served w/ Mozzarella Cheese & Garlic Toast Points	 <b>Dietz &amp; Watson Made-to-Order Deli Bar</b>   <b>Ciro's Cheese Pizza</b>  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  <b>Salad Bar by the Ounce</b>
<b>Tuesday 16</b>	Pasta Bar – Pasta w/ Assorted Sauces & Toppings	Buffalo Chicken Sandwich w/ Pepper Jack Cheese served w/ French Fries	Italian-Style Turkey on Ciabatta w/ Provolone Cheese, Lettuce, Tomato & Onion	Classic Caesar Salad or Chicken Caesar Salad	
<b>Wednesday 17</b>	Baked Potato Bar w/ Bacon, Broccoli, Butter, Sour Cream & Cheese Sauce	Chicken Chimichanga	California Chicken Club w/ American Cheese, Avocado, Bacon, Lettuce & Tomato	Spinach Salad topped w/ Fresh Sliced Mushrooms, Onion, Bacon & Cheese served w/ Baked Pita Chips	
<b>Thursday 18</b>	Grilled Cheeseburger Deluxe served w/ TaterTots	Macaroni & Cheese	Turkey Club on Sourdough Bread	Asian Crispy Chicken Salad w/ Crispy Chili Chicken, Oranges, Cucumber, Carrots & Chow Mein Noodles	
<b>Friday 19</b>	Creamy Cajun Chicken Pasta served w/ Garlic Bread	Personal Pan Pizza served with a Side Salad	Chicken Cordon Blue Wrap w/ Ham, Swiss Cheese, Lettuce, Tomato & Honey Mustard	Antipasto Salad - Ham, Salami & Provolone Cheese over Romaine Lettuce served w/ Artichokes, Red Onions, Roasted Red Peppers, Olives & Tomato	

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<b>Monday 22</b>	Penne Pasta Ratatouille served w/ Garlic Bread	Sweet & Spicy Chicken & Waffles	Cool Ranch Chicken Twister - Chicken w/ Jack Cheese, Lettuce & Ranch Dressing in a Wrap	Chef's Salad - Deli Meats & Cheese over a bed of Lettuce w/ Assorted Vegetables	 <b>Dietz &amp; Watson Made-to-Order Deli Bar</b>   <b>Ciro's Cheese Pizza</b>  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  <b>Salad Bar by the Ounce</b>
<b>Tuesday 23</b>	Closed for Rosh Hashanah	Closed for Rosh Hashanah	Closed for Rosh Hashanah	Closed for Rosh Hashanah	
<b>Wednesday 24</b>	Pasta w/ Marinara Sauce served w/ Garlic Bread	Celbrate Hispanic Heritage Month <b>Spanish Pork or Pupusa w/ Local Bell Pepper</b> Curtido served w/ Yellow Rice & Plantains	Grilled Vegetable Sandwich w/ Provolone Cheese & Balsamic Glaze	Southwest Chopped Chicken Salad w/ Cheddar Cheese, Corn, Black Beans, Tomatoes & Onions tossed w/ Cilantro Salad Blend & Ranch Dressing, served w/ Corn Chips	
<b>Thursday 25</b>	Pepperoni Roll w/ Marinara Sauce	National Quesadilla Day <b>Chicken &amp; Cheese Quesadilla served w/ Guacamole, Sour Cream &amp; Salsa</b>	Chipotle Chicken & Cheddar Cheese on 7-Grain Bread	Buffalo Chicken Salad Spicy chicken salad w/ celery sticks & toast point over mixed greens	
<b>Friday 26</b>	Buffalo Chicken Macaroni & Cheese	Beef Gyro	Italian Wrap w/ Ham, Salami & Provolone Cheese	Broccoli Salad w/ Cranberry	

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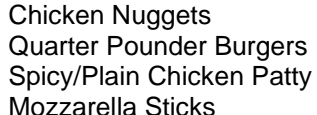

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**AVAILABLE DAILY**

<b>Monday 29</b>	Pesto Mozzarella Grilled Cheese Sandwich served w/ French Fries	General Tso's Chicken w/ Broccoli & Rice	The Caesar Pleaser - Crispy Chicken & Provolone Cheese on a Cibatta Roll w/ Romaine Lettuce & Caesar Dressing	BBQ Crispy Chicken Salad w/ Tomato, Corn, Cheddar Cheese & Crispy Onions	       
<b>Tuesday 30</b>	Choripan - Grilled Chorizo w/ Chimichurri served w/ French Fries	Taco Tuesday - Seasoned Beef Tacos w/ a choice of Cheese, Lettuce, Tomato & Salsa	Turkey w/ Cranberry Mayonnaise on Whole Grain Bread	Chiptole Ranch Chicken Salad w/ Avocado, Corn, Tomato, Pepper Jack Cheese & Tortilla Chips	
<b>Wednesday 1</b>	French Dip Sandwich served w/ Cajun Fries	Penne Pomodoro served w/ a Side Salad	Santé Fe Turkey w/ Sharp Cheddar Cheese, Avocado & Romaine Lettuce on 7-Grain Bread	BLT Salad - Crispy Bacon, Tomato, Red Onion & Shredded Mozzarella Cheese served over a bed of Lettuce w/ Croutons	
<b>October Thursday 2</b>	<b>NO SCHOOL</b>	<b>YOM KIPPUR</b>	<b>NO SCHOOL</b>	<b>YOM KIPPUR</b>	
<b>October Friday 3</b>	Roasted Tomato, Chicken & Onions over Pasta served w/ a Side Salad	Hot Sloppy Joe Sandwich served w/ Chips	Turkey Gyro - Turkey Breast in a Wrap topped w/ Onion, Cucumbers & Diced Tomato dressed w/ Tzatziki Sauce	Greek Salad - Olives, Tomatoes, Red Onion & Cucumbers over a bed of Romaine Lettuce topped w/ Crumbled Feta Cheese	

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