

WATCHUNG HILLS REGIONAL HIGH SCHOOL – DECEMBER 2025








Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMSTAND

AVAILABLE DAILY

Monday 1	Sweet & Sour Chicken w/ Broccoli over Lo Mein	Frito Chili Bowl	Ham & Cheddar Cheese Club Sandwich w/ Bacon, Lettuce & Tomato on a Wrap w/ Mustard	BBQ Crispy Chicken Salad w/ Tomato, Corn, Cheddar Cheese & Crispy Onions	 Boar's Head Made-to-Order Deli Bar   Ciro's Cheese Pizza  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  Salad Bar by the Ounce
Tuesday 2	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	
Wednesday 3	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	
Thursday 4	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	
Friday 5	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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**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. Menu Subject to Change

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Monday 8	Chicken Biryani 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	 Boar's Head Made-to-Order Deli Bar   Ciro's Cheese Pizza  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  Salad Bar by the Ounce
Tuesday 9	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	
Wednesday 10	Baked Potato Bar w/ Bacon, Broccoli, Butter, Sour Cream & Cheese Sauce	Fried Chicken w/ Mashed Poatao, Corn & Gravy	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	
Thursday 11	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	
Friday 12	Creamy Cajun Chicken Pasta served w/ Garlic Bread	Personal Pan Pizza served w/ 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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Monday 15	Penne Pasta Ratatouille served w/ Garlic Bread	Chicken & Cheese Quesadilla served w/ Guacamole, Sour Cream & Salsa	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	 Boar's Head Made-to-Order Deli Bar   Ciro's Cheese Pizza  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  FRESH FARMISTAND Salad Bar by the Ounce
Tuesday 16	Herb-Roasted Chicken w/ Roasted Potatoes & Corn	Tortellini w/ Pomodoro Sauce served w/ a Caesar Side Salad	Mediterranean Wrap - Turkey w/ Fresh Spinach, Tomatoes & Feta Cheese w/ Balsamic Vinaigrette	Fruit & Cheese Salad served with Pita Chips	
Wednesday 17	Pasta w/ Marinara Sauce served w/ Garlic Bread	Sweet Potato Bar with Pork Carnitas or Corn & Black Beans served with Local Apple Chutney	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	
Thursday 18	Pepperoni Roll w/ Marinara Sauce	Honey Harissa Grain Bowl	Chipotle Chicken & Cheddar Cheese on 7-Grain Bread	Buffalo Chicken Salad Spicy Chicken Salad w/ Celery Sticks & Toast Points over Mixed Greens	
Friday 19	Buffalo Chicken Macaroni & Cheese	Beef Gyro	Italian Wrap w/ Ham, Salami & Provolone Cheese	Broccoli Salad w/ Cranberry	

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Monday 22	Pesto Mozzarella Grilled Cheese Sandwich served w/ French Fries	General Tso's Chicken w/ Brocoli & 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	 Boar's Head Made-to-Order Deli Bar 	
Tuesday 23	HALF DAY NO LUNCH SERVICE					 Ciro's Cheese Pizza
Wednesday 24	CLOSED FOR WINTER BREAK					 Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks
Thursday 25						
Friday 26						
					 Salad Bar by the Ounce Local Gala Apples	

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Monday 29	<h1>CLOSED FOR WINTER BREAK</h1>	 <p>Boar's Head Made-to-Order Deli Bar</p> 
Tuesday 30		 <p>Ciro's Cheese Pizza</p>
Wednesday 31		 <p>Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks</p>
January Thursday 1		 <p>Salad Bar by the Ounce</p>
January Friday 2		

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