

# WATCHUNG HILLS REGIONAL HIGH SCHOOL – DECEMBER 2026



*Daily Dish*

**AMERICAN GRILLE**

*Deli Central*

**FRESH FARMISTAND**

**AVAILABLE DAILY**

|                        |                                                 |                                                                     |                                                                                              |                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|------------------------|-------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday<br/>7</b>    | 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      | Summer Salad Spring Mix, Chicken, Blue Cheese, Pumpkin Seeds & Diced Apples                                                                                   | <br><b>Boar's Head Made-to-Order Deli Bar</b><br><br><br><br><b>Ciro's Cheese Pizza</b><br><br><br>Chicken Nuggets<br>Quarter Pounder Burgers<br>Spicy/Plain Chicken Patty<br>Mozzarella Sticks<br><br><br>Salad Bar by the Ounce |
| <b>Tuesday<br/>8</b>   | 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                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Wednesday<br/>9</b> | Pasta w/ Marinara Sauce served w/ Garlic Bread  | Spanish Pork 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<br/>10</b> | Pepperoni Roll w/ Marinara Sauce                | Honey Harissa Chicken Grain Bowl                                    | Boar's Head Chipotle Chicken & Cheddar Cheese on 7-Grain Bread                               | Buffalo Chicken Salad - Spicy Chicken Salad w/ Celery Sticks & Toast Points over Mixed Greens                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Friday<br/>11</b>   | Buffalo Chicken Macaroni & Cheese               | Beef Gyro Served with Sweet Potato                                  | Boar's Head Italian Wrap w/ Ham, Salami & Provolone Cheese                                   | Turkey Club Salad Romaine, Turkey, Bacon, Tomato & Boiled Eggs                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

Proud to feature products when available



**FOOD ALLERGIES**

Allergy Aware menus are available for students w/ food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at [www.pomptonian.com](http://www.pomptonian.com).

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & a Choice of Milk. Also available daily: Assorted cold beverages & snacks. All snacks are in compliance w/ 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



# WATCHUNG HILLS REGIONAL HIGH SCHOOL – DECEMBER 2026



|                         |                                                                                             |                                                                                   |                                                                                                                       |                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday<br/>14</b>    | Pesto Mozzarella Grilled Cheese Sandwich served w/ French Fries                             | Pesto Mozzarella Grilled Cheese Sandwich served w/ French Fries                   | 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                                                       | <br><b>Boar's Head<br/>Made-to-Order Deli Bar</b><br><br><br><br><b>Ciro's Cheese Pizza</b><br><br><br>Chicken Nuggets<br>Quarter Pounder Burgers<br>Spicy/Plain Chicken Patty<br>Mozzarella Sticks<br><br><br>Salad Bar by the Ounce |
| <b>Tuesday<br/>15</b>   | Choripan - Grilled Chorizo w/ Chimichurri served w/ French Fries                            | Taco Tuesday - Seasoned Beef Tacos w/ a choice of Cheese, Lettuce, Tomato & Salsa | Boar's Head Buffalo Chicken Breast on Brioche Roll w/ Lettuce, Tomato & Spicy Mayonnaise                              | Chipotle Ranch Chicken Salad w/ Avocado, Corn, Tomato, Pepper Jack Cheese & Tortilla Chips                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Wednesday<br/>16</b> | French Dip Sandwich served w/ Cajun Fries                                                   | <b>Jersey Fresh Tomato Basil Bake served with Garlic Bread</b>                    | Boar's Head Salsalito Turkey w/ Sharp Cheddar Cheese & 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>Thursday<br/>17</b>  | Warrior Chicken Bowl - Mashed Potatoes topped w/ Sweet Corn, Crispy Chicken, Gravy & Cheese | Cavatappi & Meat Sauce or Marinara Sauce served w/ a Side Salad                   | Boar's Head Roast Beef & Cheddar Cheese on an Onion Roll w/ Chipotle Mayonnaise & Crispy Onion Rings                  | Chicken Cobb Salad - Sliced Grilled Chicken over a bed of Lettuce topped w/ Bacon, Tomato, Egg, Avocado & Crumbled Blue Cheese |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Friday<br/>18</b>    | Roasted Tomato, Chicken & Onions over Pasta served w/ a Side Salad                          | Hot Sloppy Joe Sandwich served w/ Chips                                           | Boar's Head Turkey Gyro - Turkey Breast in a Wrap topped w/ Onion, Cucumbers & Diced Tomato dressed w/ Tzatziki Sauce | Mediterranean Salad Olives, Tomatoes, Red Onion & Cucumbers over a bed of Romaine Lettuce topped w/ Crumbled Feta Cheese       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

Proud to feature products when available



**FOOD  
ALLERGIES**

Allergy Aware menus are available for students w/ food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at [www.pomptonian.com](http://www.pomptonian.com).

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & a Choice of Milk. Also available daily: Assorted cold beverages & snacks. All snacks are in compliance w/ 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



# WATCHUNG HILLS REGIONAL HIGH SCHOOL – DECEMBER 2026



*Daily Dish*

**AMERICAN GRILLE**

*Deli Central*

**FRESH FARMISTAND**

**AVAILABLE DAILY**

|                 |                                              |                                                                                            |                                                                      |                                                                                   |                                                                                                                                                                                                                            |
|-----------------|----------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday<br>21    | Penne Pasta w/ Broccoli & a Side Salad       | Grill Burger - Beef Patty, Bacon, Barbecue Sauce & American Cheese on a Bun w/ Cajun Fries | Balsamic Chicken w/ Roasted Peppers & Provolone Cheese on a Baguette | Cali. Grilled Chicken w/ Romaine Mix, Grape Tomatoes, Avocado & Mozzarella Cheese | <br>Boar's Head<br><b>Made-to-Order Deli Bar</b><br> |
| Tuesday<br>22   | Sausage & Cheese Stromboli w/ Marinara Sauce | Grilled Cheese Sandwich on Texas Toast served w/ Tomato Bisque                             | Boar's Head Pastrami on Rye w/ Swiss Cheese                          | Classic Caesar Salad or Chicken Caesar Salad                                      |                                                                                                                                                                                                                            |
| Wednesday<br>23 | HALF DAY - NO LUNCH SERVICE                  |                                                                                            |                                                                      |                                                                                   | <br><b>Ciro's Cheese Pizza</b>                                                                                                          |
| Thursday<br>24  | HAPPY HOLIDAYS                               |                                                                                            |                                                                      |                                                                                   |                                                                                                                                                                                                                            |
| Friday<br>25    |                                              |                                                                                            |                                                                      |                                                                                   |                                                                                                                                                                                                                            |
|                 |                                              |                                                                                            |                                                                      |                                                                                   | <br>Chicken Nuggets<br>Quarter Pounder Burgers<br>Spicy/Plain Chicken Patty<br>Mozzarella Sticks                                       |
|                 |                                              |                                                                                            |                                                                      |                                                                                   | <br>Salad Bar by the Ounce                                                                                                            |

Proud to feature products when available



**FOOD ALLERGIES**

Allergy Aware menus are available for students w/ food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at [www.pomptonian.com](http://www.pomptonian.com).

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & a Choice of Milk. Also available daily: Assorted cold beverages & snacks. All snacks are in compliance w/ 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



# WATCHUNG HILLS REGIONAL HIGH SCHOOL – DECEMBER 2026



Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

|                        |                           |                                                                                                                                                                                                                            |
|------------------------|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday<br>28           | <h1>WINTER<br/>BREAK</h1> | <br>Boar's Head<br><b>Made-to-Order Deli Bar</b><br> |
| Tuesday<br>29          |                           |                                                                                                                                                                                                                            |
| Wednesday<br>30        |                           | <br>Ciro's Cheese Pizza                                                                                                                 |
| Thursday<br>31         |                           | <br>Chicken Nuggets<br>Quarter Pounder Burgers<br>Spicy/Plain Chicken Patty<br>Mozzarella Sticks                                       |
| JANUARY<br>Friday<br>1 |                           | <br>Salad Bar by the Ounce                                                                                                            |

Proud to feature  
products when available



FOOD  
ALLERGIES

Allergy Aware menus are available for students w/ food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at [www.pomptonian.com](http://www.pomptonian.com).

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & a Choice of Milk. Also available daily: Assorted cold beverages & snacks. All snacks are in compliance w/ 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

