

WATCHUNG HILLS REGIONAL HIGH SCHOOL – January 2026






Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

Monday 5	Ham & Cheese Calzone served w/ Marinara Sauce	Cheesesteak Hero w/ Peppers & Onions served w/ Onion Rings	Caprese Baguette w/ Roasted Red Peppers, Mozzarella Cheese, Tomato & Basil	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  Salad Bar by the Ounce
Tuesday 6	Pork Fried Rice w/ an Egg Roll & a Fortune Cookie	Foods Across America North Dakota Hot Dish Casserole	Buffalo Chicken Breast w/ American Cheese, Lettuce & Tomato on Whole Wheat Roll	Fruit & Cheese Salad served with Pita Chips	
Wednesday 7	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 8	Grilled Chicken & Pasta & Vegetables	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 9	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	

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.

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. Menu Subject to Change



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Monday 12	Sweet & Sour Chicken w/ Broccoli over Lo Mein <i>served w/ Local Asian Pear & Apple Crisp</i>	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 13	Nashville Hot Chicken Sandwich served w/ French Fries	Baked Pesto Pasta w/ Cherry Tomatoes <i>served with Local Asian Pear Salad</i>	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 14	Foods Across America <i>Italian Hot Beef Sandwich</i>	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 15	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 16	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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Monday 19	NO SCHOOL MARTIN LUTHER KING JR. DAY				 Boar's Head Made-to-Order Deli Bar 
Tuesday 20	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 21	Baked Potato Bar w/ Bacon, Broccoli, Butter, Sour Cream & Cheese Sauce	Fried Chicken w/ Mashed Potatoes, 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	 Ciro's Cheese Pizza
Thursday 22	Grilled Cheeseburger Deluxe served w/ TaterTots	Foods Across America Fried Taco w/ Local Tomato Salsa	Turkey Club on Sourdough Bread	Asian Crispy Chicken Salad w/ Crispy Chili Chicken, Oranges, Cucumber, Carrots & Chow Mein Noodles	 Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks
Friday 23	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	 Salad Bar by the Ounce

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Monday 26	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  Salad Bar by the Ounce
Tuesday 27	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 28	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	
Thursday 29	Pepperoni Roll w/ Marinara Sauce	Honey Harissa Chicken 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 30	Buffalo Chicken Macaroni & Cheese	Beef Gyro	Italian Wrap w/ Ham, Salami & Provolone Cheese	Broccoli Salad w/ Cranberry	

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