

WATCHUNG HILLS REGIONAL HIGH SCHOOL – MARCH 2026



Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMSTAND

AVAILABLE DAILY

Monday 2	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 Points	 Boar's Head Made-to-Order Deli Bar   Ciro's Cheese Pizza  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  FRESH FARMSTAND Salad Bar by the Ounce Local Blueberry Yogurt Parfait
Tuesday 3	Flavors AroundThe World Brazil: Pork Feijoada	America 250 Nashville Hot Breaded Chicken Sandwich served w/ French Fries	Boar's Head Somked Turkey Turkey on Ciabatta w/ Provolone Cheese, Lettuce, Tomato & Onion	Classic Caesar Salad or Chicken Caesar Salad	
Wednesday 4	Pasta Pomodoro served with a Side Salad	Fried Chicken w/ Mashed Potatoes, Local Corn & Edamame Salad & 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 5	Grilled Cheeseburger Deluxe served w/ TaterTots Waffles w/ Local Blueberry Yogurt Parfait	Macaroni & Cheese	Boar's Head Turkey Club on Sourdough Bread	Asian Crispy Chicken Salad w/ Crispy Chili Chicken, Oranges, Cucumber, Carrots & Chow Mein Noodles	
Friday 6	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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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 9	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   Pi Day Ciro's Cheese Pizza  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  Salad Bar by the Ounce
Tuesday 10	Flavors Around The World Lebanon: Beef Kofta	Tortellini w/ Pomodoro Sauce served w/ a Caesar Side Salad	Mediterranean Wrap - Turkey w/ Fresh Spinach, Tomatoes & Feta Cheese w/ Balsamic Viniagrette	Fruit & Cheese Salad served with Pita Chips	
Wednesday 11	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 12	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 Miixed Greens	
Friday 13	Buffalo Chicken Macaroni & Cheese	Beef Gyro Served with Sweet Potato	Boar's Head Italian Wrap w/ Ham, Salami & Provolone Cheese	Broccoli Salad w/ Cranberry	

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Monday 16	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	    	Boar's Head Made-to-Order Deli Bar
Tuesday 17	Choripan - Grilled Chorizo w/ Chimichurri served w/ French Fries	Flavors Around The World Belize: Garnaches 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 Mayo	Chiptole Ranch Chicken Salad w/ Avocado, Corn, Tomato, Pepper Jack Cheese & Tortilla Chips		Ciro's Cheese Pizza
Wednesday 18	French Dip Sandwich served w/ Cajun Fries	Penne Pomodoro served w/ a Side Salad	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		Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks
Thursday 19	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		Salad Bar by the Ounce
Friday 20	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	Greek Salad - Olives, Tomatoes, Red Onion & Cucumbers over a bed of Romaine Lettuce topped w/ Crumbled Feta Cheese		

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Monday 23	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	Bruschetta Salad - Fresh Homemade Bruschetta over Romaine Lettuce w/ Mozzarella Cheese & Garlic Toast Points	 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 24	Flavors Around The World Hungary: Beef Goulash	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 25	Taco Salad Bowl w/ Beef, Lettuce, Tomato, Cheddar Cheese, Sour Cream & Guacamole	Waffles w/ Strawberries & Whipped Cream	Boar's Head Cajun Turkey w/ Swiss Cheese, Lettuce & Tomato on a Long Roll	Spinach Salad topped w/ Fresh Sliced Mushrooms, Onion, Bacon & Cheese served w/ Baked Pita Chips	
Thursday 26	BBQ Pulled Chicken served w/ Cajun Fries	Cheese Ravioli w/ Marinara Sauce served w/ Garlic Bread	Thai Chicken Wrap w/ Carrots, Cucumber, Red Onion & Chow Mein Noodles	Asian Crispy Chicken Salad w/ Crispy Chili Chicken, Oranges, Cucumber, Carrots & Chow Mein Noodles	
Friday 27	Personal Pan Pizza served w/ a Side Salad	Turkey Club w/ Cheddar Cheese, Bacon & Tomato on Sourdough Bread served w/ Curly Fries	Boar's Head Barbecue Chicken Breast & Bacon, Sharp Cheddar Cheese & Sliced Onion w/ Hickory Barbecue Sauce on a Round Roll	Antipasto Salad - Ham, Salami & Provolone Cheese over Romaine Lettuce served w/ Artichokes, Red Onions, Roasted Red Peppers, Olives & Tomato	

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Monday 30	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	    
Tuesday 31	Pork Fried Rice w/ an Egg Roll & a Fortune Cookie	Pasta w/ a Spicy Louisiana-Style Sauce served w/ a Side Salad	Boar's Head Buffalo Chicken Breast w/ American Cheese, Lettuce & Tomato on Whole Wheat Roll	Fruit & Cheese Salad served with Pita Chips	
Wednesday 1	Homemade Baked Ziti w/ a Caesar Side Salad	Wild Wing Wednesday - Spicy Buffalo Chicken Wings w/ Blue Cheese Dip & Celery Sticks	Boar's Head 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 2	Grilled Chicken & Pasta & Vegetables	BBQ Pulled Pork Sandwich served w/ Cajun French Fries	The French Bistro – Boars Head Turkey, Swiss Cheese & Tomato on a Croissant w/ Mayo	Buffalo Chicken Salad - Spicy Chicken Salad w/ Celery Sticks & Toast Points over Mixed Greens	
Friday 3	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	

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

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