






# WATCHUNG HILLS REGIONAL HIGH SCHOOL – MAY 2025



## AVAILABLE DAILY

<b>Monday</b> 5	<b>Cinco de Mayo</b> Chicken, Salsa Verde & Cheese Tamale w/ Local Radish Slaw	Grill Burger - Beef Patty, Bacon, Barbecue Sauce & American Cheese on a Bun with Cajun Fries	Balsamic Chicken with Roasted Peppers & Provolone Cheese on a Baguette	Bruschetta Salad - Fresh Homemade Bruschetta over Romaine Lettuce served with Mozzarella Cheese & Garlic Toast Points	 <b>Premium Deli Featuring Thumann's 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
<b>Tuesday</b> 6	Sausage & Cheese Stromboli with Marinara Sauce	Grilled Cheese Sandwich on Texas Toast served with Tomato Bisque	Pastrami on Rye with Swiss Cheese	Classic Caesar Salad or Chicken Caesar Salad	
<b>Wednesday</b> 7	Taco Salad Bowl with Beef, Lettuce, Tomato, Cheddar Cheese, Sour Cream & Guacamole	Waffles with Strawberries & Whipped Cream	Cajun Turkey with Swiss Cheese, Lettuce & Tomato on a Long Roll	Spinach Salad topped with Fresh Sliced Mushrooms, Onion, Bacon & Cheese served with Baked Pita Chips	
<b>Thursday</b> 8	BBQ Pulled Chicken served with Cajun Fries	Cheese Ravioli with Marinara Sauce served with Garlic Bread	Thai Chicken Wrap with Carrots, Cucumber, Red Onion & Chow Mein Noodles	Asian Crispy Chicken Salad with Crispy Chili Chicken, Oranges, Cucumber, Carrots & Chow Mein Noodles	
<b>Friday</b> 9	Personal Pan Pizza served with a Side Salad	Turkey Club with Cheddar Cheese, Bacon & Tomato on Sourdough Bread served with Curly Fries	Barbecue Chicken & Bacon, Sharp Cheddar Cheese & Sliced Onion with Hickory Barbecue Sauce on a Round Roll	Antipasto Salad - Ham, Salami & Provolone Cheese over Romaine Lettuce served with Artichokes, Red Onions, Roasted Red Peppers, Olives & Tomato	

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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](mailto:comments@pomptonian.com). Menu Subject to Change

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# WATCHUNG HILLS REGIONAL HIGH SCHOOL – MAY 2025



*Daily Dish*

**AMERICAN GRILLE**

*Deli Central*

**FRESH FARMISTAND**

**AVAILABLE DAILY**

<b>Monday</b> 12	Ham & Cheese Calzone served with Marinara Sauce	Cheesesteak Hero with Peppers & Onions served with Onion Rings	Caprese Baguette with Roasted Red Peppers, Mozzarella Cheese, Tomato & Basil	Caprese Baguette with Roasted Red Peppers, Mozzarella Cheese, Tomato & Basil	 Premium Deli Featuring <i>Thumann's</i> Made-to-Order Deli Bar   <b>Ciro's Cheese Pizza</b>  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  Salad Bar by the Ounce
<b>Tuesday</b> 13	Pork Fried Rice with an Egg Roll & a Fortune Cookie	Pasta with a spicy Louisiana sauce served with a Side Salad	Buffalo Chicken Breast with American Cheese, Lettuce & Tomato on Whole Wheat Roll	Buffalo Chicken Salad - Spicy Chicken Salad with Celery Sticks & Toast Points over Mixed Greens	
<b>Wednesday</b> 14	Homemade Baked Ziti with a Caesar Side Salad	Wild Wing Wednesday - Spicy Buffalo Chicken Wings with Blue Cheese Dip & Celery Sticks	The Western – Roast Beef, Provolone Cheese & Red Onion on an Onion Roll with Ranch Dressing	Southwest Chopped Chicken Salad with Cheddar Cheese, Corn, Black Beans, Tomatoes & Onions tossed with Cilantro Salad Blend & Ranch Dressing, served with Corn Chips	
<b>Thursday</b> 15	Cinnamon French Toast served with a side of Fruit	BBQ Pulled Pork Sandwich served with Cajun French Fries	The French Bistro – Turkey, Swiss Cheese & Tomato on a Croissant with Mayo	Fruit & Cheese Salad - Assorted Fresh Fruit & Cheese served with Pita Chips	
<b>Friday</b> 16	Huli Huli Chicken served with Rice & Corn	Nachos Grande served with Fresh Salsa	Veggie Delight - Breaded Eggplant & Provolone Cheese on a Baguette with Roasted Red Peppers & Pesto	Broccoli Salad with Cranberry	

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<b>Monday 19</b>	Sweet & Sour Chicken with Broccoli over Lo Mein	Beef Burrito served with Chips & Salsa	Ham & Cheddar Cheese Club Sandwich with Bacon, Lettuce & Tomato on a Wrap with Mustard	BBQ Crispy Chicken Salad with Tomato, Corn, Cheddar Cheese & Crispy Onions	 Premium Deli Featuring <i>Thumann's</i> <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
<b>Tuesday 20</b>	Nashville Hot Chicken Sandwich served with French Fries	Baked Pesto Pasta with Cherry Tomatoes	Pepper Turkey with Provolone Cheese & Balsamic Mayonnaise on a Ciabatta Roll	Chipotle Ranch Chicken Salad with Avocado, Corn, Tomato, Pepper, Jack Cheese & Tortilla Chips	
<b>Wednesday 21</b>	Pollo Saltado - Chicken, Peppers, Onions & Tomato over Steak Fries with a Side of Rice	Penne Pasta & Broccoli with 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 with Croutons	
<b>Thursday 22</b>	Pasta Pomodoro served with a Side Salad	Chicken Parmesan Sub served with Fries	Grilled Chicken Bruschetta Sandwich with Tomato, Red Onion & Provolone Cheese served on a French Baguette with Pesto	Chicken Cobb Salad - Sliced Grilled Chicken over a bed of Lettuce topped with Bacon, Tomato, Egg, Avocado & Crumbled Blue Cheese	
<b>Friday 23</b>	Ramen Noodle Bowl	Beef Chili in a Bread Bowl with Cheddar Cheese, Sour Cream & Green Onions	Corned Beef on Rye with Swiss Cheese	Greek Salad - Olives, Tomatoes, Red Onion & Cucumbers over a bed of Romaine Lettuce topped with Crumbled Feta Cheese	

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*Daily Dish*

**AMERICAN GRILLE**

*Deli Central*

**FRESH FARMISTAND**

**AVAILABLE DAILY**

<b>Monday 26</b>	<b>NO LUNCH SERVED CLOSED FOR MEMORIAL DAY</b>	<b>NO LUNCH SERVED CLOSED FOR MEMORIAL DAY</b>	<b>NO LUNCH SERVED CLOSED FOR MEMORIAL DAY</b>	<b>NO LUNCH SERVED CLOSED FOR MEMORIAL DAY</b>	<i>Deli Central</i> Premium Deli Featuring <i>Thumann's</i> <b>Made-to-Order Deli Bar</b> 
<b>Tuesday 27</b>	Pasta Bar – Pasta with Assorted Sauces & Toppings	Buffalo Chicken Sandwich with Pepper Jack Cheese served with French Fries	Italian-Style Turkey on Ciabatta with Provolone Cheese, Lettuce, Tomato & Onion	Classic Caesar Salad or Chicken Caesar Salad	
<b>Wednesday 28</b>	Baked Potato Bar with, Bacon, Broccoli, Butter, Sour Cream & Cheese Sauce	Chicken Chimichanga	California Chicken Club with American Cheese, Avocado, Bacon, Lettuce & Tomato	Spinach Salad topped with Fresh Sliced Mushrooms, Onion, Bacon & Cheese served with Baked Pita Chips	<b>PIZZA ZONE</b> Ciro's Cheese Pizza
<b>Thursday 29</b>	Grilled Cheese Burger Deluxe served with Tart Tots	Macaroni & Cheese	Turkey Club on Sourdough Bread	Asian Crispy Chicken Salad with Crispy Chili Chicken, Oranges, Cucumber, Carrots & Chow Mein Noodles	<b>AMERICAN GRILLE</b> Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks
<b>Friday 30</b>	Creamy Cajun Chicken Pasta served with Garlic Bread	Personal Pan Pizza served with a Side Salad	Chicken Cordon Blue Wrap with Ham, Swiss Cheese, Lettuce, Tomato & Honey Mustard	Antipasto Salad - Ham, Salami & Provolone Cheese over Romaine Lettuce served with Artichokes, Red Onions, Roasted Red Peppers, Olives & Tomato	<b>FRESH FARMISTAND</b> Salad Bar by the Ounce <b>Applesauce</b>

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