

WATCHUNG HILLS REGIONAL HIGH SCHOOL – MAY 2026



Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

Monday 4	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	    
Tuesday 5	Chicken Torta served with Fries	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 6	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 7	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 8	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	Greek Salad - Olives, Tomatoes, Red Onion & Cucumbers over a bed of Romaine Lettuce topped w/ Crumbled Feta Cheese	
					 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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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 11	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  FRESH FARMSTAND Salad Bar by the Ounce
Tuesday 12	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 13	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 14	Grilled Chicken & Pasta & Vegetables	BBQ Pulled Pork Sandwich served w/ Cajun French Fries	The French Bistro – Boar's 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 15	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	

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Monday 18	Nashville Hot Chicken Sandwich served with Fries	Santa Fe, New Mexico Frito Chili Bowl	Boar's Head 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  FRESH FARMSTAND Salad Bar by the Ounce
Tuesday 19	Sweet & Sour Chicken with Local Bok Choy Vegetable Fried Rice	North Dakota Hot Casserole Ground Beef w/ Vegetables in a cream sauce topped w/ Tater Tots	Boar's Head 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 20	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 21	Baked Potato Bar w/ Bacon, Broccoli, Butter, Sour Cream & Cheese Sauce	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 22	Mongolian Chicken over White Rice served with Vegetable Dumpling	Beef Chili in a Bread Bowl w/ Cheddar Cheese, Sour Cream & Green Onions	Boar's Head Corned Beef on Rye w/ Swiss Cheese	Greek Salad- Olives Tomato, Red Onion & Cucumber over a bed of romaine Lettuce topped with Feta Cheese	

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Monday 25	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
Tuesday 26	Firecracker Spicy Chicken Wrap w/ Ranch & Pepper Jack Cheese served with Red, White & Blue Yogurt Parfait	Pasta Bar – Pasta w/ Assorted Sauces & Toppings	Boar's Head Smoked Turkey on Ciabatta w/ Provolone Cheese, Lettuce, Tomato & Onion	Classic Caesar Salad or Chicken Caesar Salad		
Wednesday 27	Pasta Pomodoro served with a Side Salad	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		
Thursday 28	Grilled Cheeseburger Deluxe served w/ Tater Tots	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 29	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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