






WATCHUNG HILLS REGIONAL HIGH SCHOOL – NOVEMBER 2025



AVAILABLE DAILY

Monday 3	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	<div><div>Premium Deli Featuring <i>Thumann's</i> Made-to-Order Deli Bar</div><div></div><div><div>Ciro's Cheese Pizza</div></div><div><div>Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks</div></div><div><div>Salad Bar by the Ounce</div></div></div>
Tuesday 4	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 Viniagrette	Fruit & Cheese Salad served with Pita Chips	
Wednesday 5	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 6	No School				
Friday 7					

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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. Menu Subject to Change

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.



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Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

Monday 10	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	 Premium Deli Featuring <i>Thumann's</i> 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 11	Choripan - Grilled Chorizo w/ Chimichurri served w/ French Fries	Taco Tuesday - Seasoned Beef Tacos w/ a choice of Cheese, Lettuce, Tomato & Salsa	Turkey w/ Cranberry Mayonnaise on Whole Grain Bread	Chiptole Ranch Chicken Salad w/ Avocado, Corn, Tomato, Pepper Jack Cheese & Tortilla Chips	
Wednesday 12	French Dip Sandwich served w/ Cajun Fries	Penne Pomodoro served w/ a Side Salad	Santé Fe Turkey w/ Sharp Cheddar Cheese, Avocado & Romaine Lettuce on 7-Grain Bread	BLT Salad - Crispy Bacon, Tomato, Red Onion & Shredded Mozzarella Cheese served over a bed of Lettuce w/ Croutons	
Thursday 13	Warrior Chicken Bowl - Mashed Potatoes topped w/ Sweet Corn, Crispy Chicken, Gravy & Cheese	Cavatappi & Meat Sauce or Marinara Sauce served w/ a Side Salad	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	
Friday 14	Roasted Tomato, Chicken & Onions over Pasta served w/ a Side Salad	Hot Sloppy Joe Sandwich served w/ Chips	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 17	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	BBQ Crispy Chicken Salad w/ Tomato, Corn, Cheddar Cheese & Crispy Onions	 Premium Deli Featuring <i>Thumann's</i> Made-to-Order Deli Bar 
Tuesday 18	Sausage & Cheese Stromboli w/ Marinara Sauce	Grilled Cheese Sandwich on Texas Toast served w/ Tomato Bisque	Pastrami on Rye w/ Swiss Cheese	Classic Caesar Salad or Chicken Caesar Salad	
Wednesday 19	Taco Salad Bowl w/ Beef, Lettuce, Tomato, Cheddar Cheese, Sour Cream & Guacamole	Waffles w/ Strawberries & Whipped Cream	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 20	Thanksgiving Lunch Turkey, Stuffing, Mashed Local Potatoes , Vegetable & Local Cranberry Sauce	Thanksgiving Lunch Turkey, Stuffing, Mashed Local Potatoes , Vegetable & Local Cranberry Sauce	Thai Chicken Wrap w/ Carrots, Cucumber, Red Onion	Asian Crispy Chicken Salad w/ Crispy Chili Chicken, Oranges, Cucumber, Carrots	
Friday 21	Personal Pan Pizza served w/ a Side Salad	Turkey Club w/ Cheddar Cheese, Bacon & Tomato on Sourdough Bread served w/ Curl Fries	Barbecue Chicken & 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	
					 Ciro's Cheese Pizza
					 Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks
					 Salad Bar by the Ounce

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Deli Central

FRESH FARMISTAND

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Monday 24	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	Bruschetta Salad - Fresh Homemade Bruschetta over Romaine Lettuce served w/ Mozzarella Cheese & Garlic Toast Points	<div><div>Premium Deli Featuring <i>Thumann's</i> Made-to-Order Deli Bar</div><div></div><div><div>Ciro's Cheese Pizza</div></div><div><div>Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks</div></div><div><div>Salad Bar by the Ounce</div></div></div>
Tuesday 25	Pork Fried Rice w/ an Egg Roll & a Fortune Cookie	Pasta w/ a Spicy Louisiana-Style Sauce served w/ a Side Salad	Buffalo Chicken Breast w/ American Cheese, Lettuce & Tomato on Whole Wheat Roll	Fruit & Cheese Salad served with Pita Chips	
Wednesday 26	Half Day - No Lunch Service				
Thursday 27	Happy Thanksgiving				
Friday 28	No School				

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