# WATCHUNG HILLS REGIONAL HIGH SCHOOL – NOVEMBER 2026

POMPTONIAN FOOD SERVICE — Daily Dish — American Grille — Deli Central — Fresh Farmstand

| | | | | |
|---|---|---|---|---|
| **Monday 2** | Pesto Mozzarella Grilled Cheese Sandwich served w/ French Fries | General Tso's Chicken w/ Brocoli & 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 |
| **Tuesday 3** | Choripan - Grilled Chorizo w/ Chimichurri served w/ French Fries | 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 Mayonnaise | Chiptole Ranch Chicken Salad w/ Avocado, Corn, Tomato, Pepper Jack Cheese & Tortilla Chips |
| **Wednesday 4** | 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 |
| **Thursday 5** | NO SCHOOL - NJEA CONVENTION | | | |
| **Friday 6** | | | | |

## Available Daily

**Deli Central**
Boar's Head
**Made-to-Order Deli Bar**

**Pizza Zone**
**Ciro's Cheese Pizza**

**American Grille**
Chicken Nuggets
Quarter Pounder Burgers
Spicy/Plain Chicken Patty
Mozzarella Sticks

**Fresh Farmstand**
Salad Bar by the Ounce

Proud to feature products when available JERSEY FRESH — As Fresh As Fresh Gets

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

Fresh Farmstand

# WATCHUNG HILLS REGIONAL HIGH SCHOOL – NOVEMBER 2026

POMPTONIAN FOOD SERVICE — Daily Dish — AMERICAN GRILLE — Deli Central — FRESH FARMSTAND

| | | | | |
|---|---|---|---|---|
| **Monday 9** | 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 | California Grilled Chicken w/Romaine Mix,Grape Tomatoes, Avocado & Mozzarella Cheese |
| **Tuesday 10** | Sausage & Cheese Stromboli w/ Marinara Sauce | 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 11** | Beef Chili in a Bowl Bowl w/ Cheddar Cheese, Sour Cream & Green Onions | Waffles w/ Strawberries & Whipped Cream | Boar's Head Cajun Turkey w/ Swiss Cheese, Lettuce & Tomato on a Long Roll | Fiesta Salad -Romaine, Black Bean, Corn, Tomato, Avocado, Cheddar Cheese & Blackened Chicken |
| **Thursday 12** | BBQ Chicken served w/ Mashed Potatoes & Corn Bread/Muffin | 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 13** | Personal Pan Pizza served w/ a Side Salad | Buffalo Chicken Melt | Boar's Head Barbecue Chicken Breast & Bacon, Sharp Cheddar Cheese & Sliced Onion w/ Hickory Barbecue Sauce on a Round Roll | Southwest Chicken Caesar Salad - Romaine, Grilled Chicken, Parmesan Cheese & Tortilla Strips |

## AVAILABLE DAILY

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Boar's Head
**Made-to-Order Deli Bar**

**Pizza Zone**
**Ciro's Cheese Pizza**

**American Grille**
Chicken Nuggets
Quarter Pounder Burgers
Spicy/Plain Chicken Patty
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FRESH FARMSTAND

# WATCHUNG HILLS REGIONAL HIGH SCHOOL – NOVEMBER 2026

POMPTONIAN FOOD SERVICE — Daily Dish — AMERICAN GRILLE — Deli Central — FRESH FARMSTAND — AVAILABLE DAILY

| | | | | |
|---|---|---|---|---|
| **Monday 16** | Ham & Cheese Calzone served w/ Marinara Sauce | Cheesesteak Hero w/ Peppers & Onions served w/ Maple-Roasted Local Butternut Squash | Caprese Baguette w/ Roasted Red Peppers, Mozzarella Cheese, Tomato & Basil | Summer Salad Spring Mix, Chicken, Blue Cheese, Pumpkin Seeds & Diced Apples |
| **Tuesday 17** | 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 a Whole Wheat Roll | Fruit & Cheese Salad served with Pita Chips |
| **Wednesday 18** | 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 19** | Thanksgiving Dinner Turkey w/ Stuffing, Mashed Potatoes, Corn & Gravy | Thanksgiving Dinner Turkey w/ Stuffing, Mashed Potatoes, Corn & Gravy | The French Bistro – Boar's Head Turkey, Swiss Cheese & Tomato on a Croissant w/ Mayonnaise | Buffalo Chicken Salad - Spicy Chicken Salad w/ Celery Sticks & Toast Points over Mixed Greens |
| **Friday 20** | 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 | Turkey Club Salad w/ Romaine, Turkey, Bacon, Tomato & Boiled Eggs |

Deli Central — Boar's Head **Made-to-Order Deli Bar**

PIZZA ZONE — **Ciro's Cheese Pizza**

AMERICAN GRILLE — Chicken Nuggets
Quarter Pounder Burgers
Spicy/Plain Chicken Patty
Mozzarella Sticks

FRESH FARMSTAND — Salad Bar by the Ounce

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POMPTONIAN FOOD SERVICE | Daily Dish | American Grille | Deli Central | Fresh Farmstand

| | | | | |
|---|---|---|---|---|
| **Monday 23** | Sweet & Sour Chicken w/ Broccoli over Lo Mein | Pasta w/ Pink Sauce served w/ a Side Salad | 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 |
| **Tuesday 24** | Nashville Hot Chicken Sandwich served w/ French Fries | North Dakota Hot Dish 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 25** | HALF DAY - NO LUNCH SERVICE | | | |
| **Thursday 26** | HAPPY THANKSGIVING! | | | |
| **Friday 27** | NO SCHOOL | | | |

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Boar's Head
**Made-to-Order Deli Bar**

**Pizza Zone**
**Ciro's Cheese Pizza**

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POMPTONIAN FOOD SERVICE

| | Daily Dish | AMERICAN GRILLE | Deli Central | FRESH FARMSTAND |
|---|---|---|---|---|
| **Monday 30** | Chipotle Chicken Bowl - Brown Rice, Blackened Chicken, Pico De Gallo, Avocado, Corn & Black Beans | Meatball Parmesan Sub served w/ Fries | Buffalo Chicken Wrap w/ Crispy Chicken & Blue Cheese Dressing | California Grilled Chicken w/ Romaine Mix,Grape Tomato, Avocado & Mozzarella Cheese |
| **December Tuesday 1** | Pasta Bar – Pasta w/ Assorted Sauces & Toppings | Buffalo Chicken Sandwich w/ Pepper Jack Cheese served w/ French Fries | Boar's Head Smoked Turkey on Ciabatta Bread w/ Provolone Cheese, Lettuce, Tomato & Onion | Classic Caesar Salad or Chicken Caesar Salad |
| **Wednesday 2** | Pasta Pomodoro served with a Side Salad | Tater Tot Bar w/Chili, Bacon, Sour Cream & Cheese Sauce | California Grilled Chicken Club Wrap w/ American Cheese, Avocado, Bacon, Lettuce & Tomato | Fiesta Salad - Romaine, Black Beans, Corn, Tomato, Avocado, Cheddar Cheese, & Blacken Chicken |
| **Thursday 3** | Grilled Cheeseburger Deluxe served w/ TaterTots | 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 4** | 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 | Southwest Chicken Caesar Salad - Romaine, Grilled Chicken, Parmesan Cheese & Tortilla Strips |

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