

WATCHUNG HILLS REGIONAL HIGH SCHOOL – OCTOBER 2025








Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

Monday 6	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	 Dietz & Watson 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 7	Sausage & Cheese Stromboli w/ Marinara Sauce	Local Apple Grilled Cheese Sandwich on Texas Toast served w/ Tomato Bisque	Pastrami on Rye w/ Swiss Cheese	Classic Caesar Salad or Chicken Caesar Salad	
Wednesday 8	Taco Salad Bowl w/ Beef, Lettuce, Tomato, Cheddar Cheese, Sour Cream & Guacamole	Waffles w/ Strawberries & Whipped Cream	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 9	HALF DAY - NO LUNCH SERVICE	HALF DAY - NO LUNCH SERVICE	HALF DAY - NO LUNCH SERVICE	HALF DAY - NO LUNCH SERVICE	
Friday 10	Personal Pan Pizza served w/ a Side Salad	Turkey Club w/ Cheddar Cheese, Bacon & Tomato on Sourdough Bread served w/ Curly 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	

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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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Monday 13	SCHOOL CLOSED FOR COLUMBUS DAY	SCHOOL CLOSED FOR COLUMBUS DAY	SCHOOL CLOSED FOR COLUMBUS DAY	SCHOOL CLOSED FOR COLUMBUS DAY	 Dietz & Watson 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 14	Pork Fried Rice w/ an Egg Roll & a Fortune Cookie	Taste The World – Your School Lunch Passport Pastitsio (Greek Lasagna)	Asian Chicken Local Lettuce Wrap	Fruit & Cheese Salad served with Pita Chips	
Wednesday 15	Homemade Baked Ziti w/ Jersey Ranibow Salad w/ Local Field Greens	Wild Wing Wednesday - Spicy Buffalo Chicken Wings w/ Blue Cheese Dip & Celery Sticks	The Western – 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 16	Cinnamon French Toast served w/ a side of Fruit	BBQ Pulled Pork Sandwich served w/ Cajun French Fries	The French Bistro – Turkey, Swiss Cheese & Tomato on a Croissant w/ Mayo	Buffalo Chicken Salad - Spicy Chicken Salad w/ Celery Sticks & Toast Points over Mixed Greens	
Friday 17	Pastelon (Plantain Lasagna) served with a Side Salad	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 20	Sweet & Sour Chicken w/ Broccoli over Vegetable Lo Mein	Beef Burrito served w/ Chips & Salsa	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	 Dietz & Watson 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 21	Nashville Hot Chicken Sandwich served w/ French Fries	Baked Pesto Pasta w/ Cherry Tomatoes	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 22	Pollo Saltado - Chicken, Peppers, Onions & Tomato over Steak Fries w/ a Side of Rice	Penne Pasta & Broccoli w/ Garlic Bread & a Side of Roasted Local Beets	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 23	Pasta Pomodoro served w/ a Side Salad	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 24	Honey Harissa Chicken Grain Bowl	Beef Chili in a Bread Bowl w/ Cheddar Cheese, Sour Cream & Green Onions	Corned Beef on Rye w/ Swiss Cheese	Rainbow Salad	

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Monday 27	Chicken Tikka Masala 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	 Dietz & Watson 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 28	Pasta Bar – Pasta w/ Assorted Sauces & Toppings	Buffalo Chicken Sandwich w/ Pepper Jack Cheese served w/ French Fries	Italian-Style Turkey on Ciabatta w/ Provolone Cheese, Lettuce, Tomato & Onion	Classic Caesar Salad or Chicken Caesar Salad	
Wednesday 29	Baked Potato Bar w/ Bacon, Broccoli, Butter, Sour Cream & Cheese Sauce <i>Local Broccoli Cheddar Soup</i>	Chicken Chimichanga	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 30	Grilled Cheeseburger Deluxe served w/ TaterTots	Macaroni & Cheese	Turkey Club on Sourdough Bread	Asian Crispy Chicken Salad w/ Crispy Chili Chicken, Oranges, Cucumber, Carrots & Chow Mein Noodles	
Friday 31	Creamy Cajun Chicken Pasta served w/ Garlic Bread Or Mummy Hot Dog w/ Tater Tots	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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