

WATCHUNG HILLS REGIONAL HIGH SCHOOL –

October 2026



Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

Monday 5	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	Summer Salad Spring Mix, Chicken, Blue Cheese, Pumpkin Seeds & Diced Apples	 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
Tuesday 6	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 7	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 8	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 9	Huli Huli Chicken served w/ Rice & Corn	Nachos Grande served w/ Fresh Salsa Local Apple Crisp	Veggie Delight - Breaded Eggplant & Provolone Cheese on a Baguette w/ Roasted Red Peppers & Pesto	Turkey Club Salad Romaine, Turkey, Bacon, Tomato & Boiled Eggs	

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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 12	Sweet & Sour Chicken w/ Broccoli over Lo Mein	Santa Fe, New Mexico Frito Chili Bowl	Boars 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  Salad Bar by the Ounce
Tuesday 13	Nashville Hot Chicken Sandwich served w/ Local Buffalo Cauliflower	North Dakota Hot Casserole Ground Beef w/ Vegetable's in a cream sauce topped w/ Tater Tots	Boars 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 14	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 15	Pasta Pomodoro served with 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 16	Mongolian Chiekn over White Rice served with Vegetbale Dumpling	Beef Chili in a Bread Bowl w/ Cheddar Cheese, Sour Cream & Green Onions	Boars Head Corned Beef on Rye w/ Swiss Cheese	Mediterranean Salad Olives, Tomatoes, Red Onion & Cucumbers over a bed of Romaine Lettuce topped w/ Crumbled Feta Cheese	

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Monday 19	Chipotle Chicken Bowl Brown Rice, Blacken Chicken, Pico De Gallo, Avocado, Corn, Bl. Beans	Meatball Parmesan Sub served w/ Fries	Buffalo Chicken Wrap w/ Crispy Chicken & Blue Cheese Dressing	Cali. Grilled Chicken Romaine Mix, Grape Tomato, Avocado, Mozzarella 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
Tuesday 20	Pasta Bar – Pasta w/ Assorted Sauces & Toppings	Buffalo Chicken Sandwich w/ Pepper Jack Cheese served w/ French Fries	Boar's Head Somked Turkey Turkey on Ciabatta w/ Provolone Cheese, Lettuce, Tomato & Onion	Classic Caesar Salad or Chicken Caesar Salad	
Wednesday 21	Pasta Pomodoro served with a Side Salad	Tat Tot Bar Chili, Bacon, Broccoli, Sour Cream & Cheese Sauce	California Grilled Chicken Club Wrap w/ American Cheese, Avocado, Bacon, Lettuce & Tomato	Fiesta Salad Romaine, Black Bean, Corn, Tomato, Avocado, Cheddar Cheese, & Blacken Chicken	
Thursday 22	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 23	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, Romain, Grilled Chicken, Parmesan Cheese, Tortilla Strips	

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Monday 26	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	Summer Salad Spring Mix, Chicken, Blue Cheese, Pumpkin Seeds & Diced Apples	 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
Tuesday 27	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 Vinaigrette	Fruit & Cheese Salad served with Pita Chips	
Wednesday 28	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 29	Pepperoni Roll w/ Marinara Sauce	Honey Harissa Chicken Grain Bowl	Boar's Head Chipotle Chicken & Cheddar Cheese on 7-Grain Bread	Buffalo Chicken Salad Spicy Chicken Salad w/ Celery Sticks & Toast Points over Mixed Greens	
Friday 30	Buffalo Chicken Macaroni & Cheese	Beef Gyro Served with Sweet Potato	Boar's Head Italian Wrap w/ Ham, Salami & Provolone Cheese	Turkey Club Salad Romaine, Turkey, Bacon, Tomato & Boiled Eggs	

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