

WATCHUNG HILLS REGIONAL HIGH SCHOOL – August 2026



Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

Monday 24	WELCOME BACK					 Boar's Head Made-to-Order Deli Bar 
Tuesday 25						
Wednesday 26	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	 Ciro's Cheese Pizza	
Thursday 27	Grilled Chicken & Pasta & Vegetables	BBQ Pulled Pork Sandwich served w/ Cajun French Fries	The French Bistro – Boars 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 28	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 Romaine, Turkey, Bacon, Tomato & Boiled Eggs	 Salad Bar by the Ounce	

Proud to feature products when available



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



WATCHUNG HILLS REGIONAL HIGH SCHOOL – August-September 2026



Monday 31	Sweet & Sour Chicken w/ Broccoli over Lo Mein	Santa Fe, New Mexico Frito Chili Bowl	Boar's Head Ham & Cheddar Cheese Club Sandwich w/ Bacon, Lettuce & Tomato on a Wrapw/ Mustard	BBQ Crispy Chicken Salad w/ Tomato, Corn, Cheddar Cheese & Crispy Onions	Deli Central Boar's Head Made-to-Order Deli Bar 
Tuesday SEPTEMBER 1	Nashville Hot Chicken Sandwich served w/ French Fries	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 2	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	PIZZA ZONE Ciro's Cheese Pizza
Thursday 3	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	AMERICAN GRILLE Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks
Friday 4	Mongolian Chicken over 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	Mediterranean Salad Olives, Tomatoes, Red Onion & Cucumbers over a bed of Romaine Lettuce topped w/ Crumbled Feta Cheese	FRESH FARMSTAND Salad Bar by the Ounce Local Tree Fruit

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Monday 7	HAPPY LABOR DAY				
Tuesday 8	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 w/ Provolone Cheese, Lettuce, Tomato & Onion	Classic Caesar Salad or Chicken Caesar Salad	 Boar's Head Made-to-Order Deli Bar 
Wednesday 9	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	 Ciro's Cheese Pizza
Thursday 10	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	 Chicken Nuggets Quarter Pound Burgers Spicy/Plain Chicken Patty Mozzarella Sticks
Friday 11	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	 Salad Bar by the Ounce Local Tree Fruit

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Monday 14	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 Local Tree Fruit
Tuesday 15	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 16	Pasta w/ Marinara Sauce served w/ Garlic Bread	Celebrate Hispanic Heritage Month with a Chicken Tinga Bowl	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 17	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 18	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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Monday 21	NO SCHOOL - YOM KIPPUR				   	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 Local Tree Fruit
Tuesday 22	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 Mayo	Chipotle Ranch Chicken Salad w/ Avocado, Corn, Tomato, Pepper Jack Cheese & Tortilla Chips		
Wednesday 23	French Dip Sandwich served w/ Cajun Fries	Creamy Ricotta Cheese Pasta served with 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 24	Warrior Chicken Bowl - Mashed Potatoes topped w/ Sweet Corn, Crispy Chicken, Gravy & Cheese	Cavatappi & Meat Sauce or Marinara Sauce served w/ a Side Salad	Boar's Head 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 25	Roasted Tomato, Local Zucchini, Chicken & Onions over Pasta served w/ a Side Salad	Hot Sloppy Joe Sandwich served w/ Chips	Boar's Head Turkey Gyro - Turkey Breast in a Wrap topped w/ Onion, Cucumbers & Diced Tomato dressed w/ Tzatziki Sauce	Mediterranean Salad Olives, Tomatoes, Red Onion & Cucumbers over a bed of Romaine Lettuce topped w/ Crumbled Feta Cheese		

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Monday 28	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	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 Local Tree Fruit
Tuesday 29	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 30	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	Fiesta Salad Romaine, Black Bean, Corn, Tomato, Avocado, Cheddar Cheese, & Blacken Chicken	
Thursday OCTOBER 1	BBQ Chicken served w/ Mashed Potato & 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 2	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	Southwest Chicken Caesar Salad, Romaine, Grilled Chicken, Parmesan Cheese, Tortilla Strips	

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