




# WEST MORRIS REGIONAL HIGH SCHOOLS – August/September 2025



## AVAILABLE DAILY

<b>Monday 25</b>	Beef Bibimbap - Seasoned Ground Beef & Sautéed Vegetables over Rice	Mrs. Carol's Buffalo Chicken Wrap	 <b>Pre-Ordered Made-to-Order Dietz &amp; Watson Deli Bar</b> Assorted Grab & Go Sandwiches   Assorted Specialty Pizzas from Dante's Pizza Protein-Packed Athlete's Meal All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll All-Beef Hamburger White Meat Chicken Tenders in a Variety of Sauces And many of your other favorite Appetizers and Warm Snacks! <i>All Chicken Entrées on the American Grille are Premium White Meat</i> <i>Ms. Carol's Specialty Wraps Available Daily!</i>  Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i> 
<b>Tuesday 26</b>	Taco Tuesday - Choice of Beef or Chicken w/ Crispy Taco Shells, Cheese, Fresh Salsa & Seasoned Rice	Big Daddy Panini w/ Chicken, Mozzarella Sticks & Marinara Sauce	
<b>Wednesday 27</b>	Italian Hot Dog - Twin Sabrett Hot Dogs on a Hero Roll with Peppers, Onions & Potatoes	Chicken Parmesan Panini	
<b>Thursday 28</b>	Chicken Teriyaki w/ Vegetable Fried Rice & Chicken Dumplings	Bahn Mi Sandwich - Ham, Mayonnaise & Pickled Vegetables on a Hero Roll	
<b>Friday 29</b>	Half Day No Lunch Service	Half Day No Lunch Service	



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](http://www.pomptonian.com).

**Pomptonian incorporates locally grown produce, when available.**

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, soups, vegetables & fresh & chilled fruit bowl.  
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# September 2025



**Deli  
Central**

**Pre-Ordered Made-to-Order Dietz & Watson Deli Bar**  
Assorted Grab & Go Sandwiches



Assorted Specialty Pizzas from Dante's Pizza  
Protein-Packed Athlete's Meal  
All-White Meat Chicken Tenders w/ Fries  
Crispy Chicken Fillet on a Kaiser Roll  
Spicy Chicken Fillet on a Kaiser Roll  
All-Beef Hamburger

## White Meat Chicken Tenders in a Variety of Sauces

And many of your other favorite Appetizers and Warm Snacks!

***All Chicken Entrées on the American Grille are Premium White Meat***

**Ms. Carol's Specialty Wraps Available Daily!**

Assorted Grab & Go Salad Specials  
*Assorted salad selections are offered with a Roll*

# PIZZA ZONE

**FRESH  
FARMISTAND**



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## AVAILABLE DAILY

<b>Monday 8</b>	Chipotle-Style Burrito Bowl with Choice of Protein, Black Beans, Rice, Pico de Gallo, Guacamole, Cheddar Cheese & Sour Cream	Tuna Melt - Tuna Salad & Provolone Cheese on a Toasted Bagel	 <b>Pre-Ordered Made-to-Order Dietz &amp; Watson Deli Bar</b> Assorted Grab & Go Sandwiches   Assorted Specialty Pizzas from Dante's Pizza Protein-Packed Athletes Meal All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll All-Beef Hamburger White Meat Chicken Tenders in a Variety of Sauces And many of your other favorite Appetizers and Warm Snacks! <i>All Chicken Entrées on the American Grille are Premium White Meat</i> <i>Ms. Carol's Specialty Wraps Available Daily!</i>  Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>     
<b>Tuesday 9</b>	Breaded Chicken Sandwich w/ Bacon & Ranch Dressing	Grilled Vegetable Panini w/ Seasonal Grilled Vegetables, Cheese & Italian Dressing	
<b>Wednesday 10</b>	Pasta w/ Meatballs & Garlic Toast Points	Hot Salami Panini - Salami w/ Provolone Cheese & Spicy Mustard on a Toasted Bagel	
<b>Thursday 11</b>	Sweet & Sour Chicken w/ Vegetable Fried Rice	Asian Chicken Panini - Grilled Chicken w/ Teriyaki Glaze & Fresh Vegetables	
<b>Friday 12</b>	Cheesesteak Bar - Beef or Chicken, Sautéed Vegetables & Choice of Cheese	Reuben Panini w/ Corned Beef, Sauerkraut, Swiss Cheese & Thousand Island Dressing	



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<b>Monday 15</b>	Cheese Tortellini w/ Garlic Bread & Italian Sausage	Honey Mustard Chicken Panini w/ Breaded Chicken, Honey Mustard & Provolone Cheese	 <b>Pre-Ordered Made-to-Order Dietz &amp; Watson Deli Bar</b> Assorted Grab & Go Sandwiches   Assorted Specialty Pizzas from Dante's Pizza Protein Packed Athlete's Meal All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll All-Beef Hamburger White Meat Chicken Tenders in a Variety of Sauces And many of your other favorite Appetizers and Warm Snacks! <i>All Chicken Entrées on the American Grille are Premium White Meat</i> <i>Ms. Carol's Specialty Wraps Available Daily!</i>  Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i> 
<b>Tuesday 16</b>	Tender Tuesday - Whole Muscle Chicken Tenders in a variety of Sauces with Fries	Ham & Swiss Panini	
<b>Wednesday 17</b>	Freshly Made Pancakes w/ choice of Sausage, Bacon, or Taylor Ham	Chipotle Chicken Panini w/ Grilled Chicken, Pepper Jack Cheese & Chipotle Mayonnaise	
<b>Thursday 18</b>	<b>National Cheeseburger Day</b> West Morris Burger with 1000 Island Dressing, Dill Pickles, Lettuce and Tomato. Served with Fries	Grilled Cheese Sandwich w/ Bacon	
<b>Friday 19</b>	Wings & Things - Buffalo, Barbecue or McHale's-Style Wings, bone in or out, served w/ Fries or Onion Rings	Buffalo Chicken Wrap	



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# ***WEST MORRIS REGIONAL HIGH SCHOOLS – September 2025***



# Daily Dish



## AVAILABLE DAILY

<b>Monday 22</b>	Breaded Chicken Sandwich w/ Zesty Sauce & Pickles served with Curly Fries	BBQ Chicken Wrap	 <b>Pre-Ordered Made-to-Order Dietz &amp; Watson Deli Bar</b> Assorted Grab & Go Sandwiches   Assorted Specialty Pizzas from Dante's Pizza <b>Locally Sourced Tree Fruit Available Daily</b> Protein-Packed Athlete's Meal All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll All-Beef Hamburger White Meat Chicken Tenders in a Variety of Sauces And many of your other favorite Appetizers and Warm Snacks! <i>All Chicken Entrées on the American Grille are Premium White Meat</i> <b>Ms. Carol's Specialty Wraps Available Daily!</b>  Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i> 
<b>Tuesday 23</b>	Rosh Hashanah No School	Rosh Hashanah No School	
<b>Wednesday 24</b>	<b>Celebrate Hispanic Heritage Month</b> - Pupusa with <b>Local Bell Pepper</b> Curtido	Breakfast Wrap w/ Eggs, Bacon, Cheddar Cheese & Hash Browns	
<b>Thursday 25</b>	<b>National Quesadilla Day</b> Chicken and Veggie Quesadillas served with Rice, Salsa and Crema	Chicken, Bacon, Ranch Panini	
<b>Friday 26</b>	West Morris Burger - 100% Beef Burger w/ Onion Straws, Cheddar Cheese, Tangy Barbecue Sauce & Bacon on a Bun	Pork Torta featuring Shredded Pork w/ Diced Onion, Cilantro & Lime	



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<b>Monday 29</b>	Beef Chili in a Bread Bowl	Mrs. Carol's Chipotle Chicken Wrap	 <p><b>Pre-Ordered Made-to-Order Dietz &amp; Watson Deli Bar</b> Assorted Grab &amp; Go Sandwiches</p>  <p>New Jersey Farm to School Week Featuring <b>Locally Sourced Bell Peppers &amp; Tree Fruit!</b> Look for these fresh choices this week! Assorted Specialty Pizzas from Dante's Pizza Protein-Packed Athlete's Meal All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll All-Beef Hamburger White Meat Chicken Tenders in a Variety of Sauces And many of your other favorite Appetizers and Warm Snacks! <i>All Chicken Entrées on the American Grille are Premium White Meat</i> <i>Ms. Carol's Specialty Wraps Available Daily!</i></p> <p>Assorted Grab &amp; Go Salad Specials <i>Assorted salad selections are offered with a Roll</i></p>  
<b>Tuesday 30</b>	Cuban Pork Panini w/ Shredded Pork, Ham, Dill Pickles & Yellow Mustard	Mac & Chicken Panini - Melly Mac & Cheese w/ Crispy Chicken Tenders in a Four Tortilla	

**FOOD  
ALLERGIES**

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