





WEST MORRIS REGIONAL HIGH SCHOOLS – December 2025



**Panini
Place**

AVAILABLE DAILY

Monday 1	Cheese Tortellini w/ Garlic Bread & Italian Sausage	Honey Mustard Chicken Panini w/ Breaded Chicken, Honey Mustard & Provolone Cheese	 Pre-Ordered Made-to-Order Dietz and 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! <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>   
Tuesday 2	Tender Tuesday - Whole Muscle Chicken Tenders in a variety of Sauces with Fries	Ham & Swiss Panini	
Wednesday 3	Freshly Made Pancakes w/ choice of Sausage, Bacon, or Taylor Ham	Chipotle Chicken Panini w/ Grilled Chicken, Pepper Jack Cheese & Chipotle Mayonnaise	
Thursday 4	Mashed Potato Bowl - Creamy Mashed Potatoes w/ Popcorn Chicken, Corn & Cheddar Cheese topped w/ Brown Gravy	Grilled Cheese Sandwich w/ Bacon	
Friday 5	Wings & Things - Buffalo, Barbecue or McHale's-Style Wings, bone in or out, served w/ Fries or Onion Rings	Buffalo Chicken Wrap	

**FOOD
ALLERGIES**

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.

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. 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



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Monday 8	Breaded Chicken Sandwich w/ Zesty Sauce & Pickles served with Curly Fries	BBQ Chicken Wrap	 <p>Pre-Ordered Made-to-Order Dietz and Watson Deli Bar Assorted Grab & Go Sandwiches</p> <p>Assorted Specialty Pizzas from Dante's Pizza</p> <p>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 & Go Salad Specials Assorted salad selections are offered with a Roll</p>   
Tuesday 9	Meatball Parmesan Hero	Asian-Style Beef Bahn Mi	
Wednesday 10	Grilled Chicken over Penne Pasta w/ a Tangy Pink Sauce	Breakfast Wrap w/ Eggs, Bacon, Cheddar Cheese & Hash Browns	
Thursday 11	Penne Alfredo with Grilled Chicken & Garlic Bread	Chicken, Bacon, Ranch Panini	
Friday 12	West Morris Burger - 100% Beef Burger w/ Onion Straws, Cheddar Cheese, Tangy Barbecue Sauce & Bacon on a Bun	BBQ Pork Wrap with Onion Rings	

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Monday 15	Beef Chili in a Bread Bowl	Mrs. Carol's Chipotle Chicken Wrap	   
Tuesday 16	Build-Your-Own Local Sweet Potato Bar Choice of Beef, Chicken or Black Beans with a variety of toppings including Local Apple Chutney	Mac & Chicken Panini - Melty Mac & Cheese w/ Crispy Chicken Tenders in a Four Tortilla	
Wednesday 17	Chicken Parmesan over Penne Pasta	Pepperoni Pizza Panini	
Thursday 18	Waffle Day! Freshly Made Belgian Waffle w/ choice of side	Chicken w/ Fresh Mozzarella Cheese, Roasted Red Peppers & Balsamic Dressing on Flatbread	
Friday 19	General Joe's Chicken w/ Fried Rice & Stir-Fried Vegetables	Meat Lovers' Pizza Panini	

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

Assorted Specialty Pizzas from Dante's Pizza
Jersey Rainbow Salad with Local Field Lettuce
Available Daily

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!

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Ms. Carol's Specialty Wraps Available Daily!

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



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Monday 22	CLOSED	CLOSED	 Pre-Ordered Made-to-Order Dietz and Watson Deli Bar Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas from Dante's Pizza Roasted Local Beets Available Daily 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>
Tuesday 23	Winter Break	Winter Break	
Wednesday 24	Closed	Closed	
Thursday 25	Winter Break	Winter Break	
Friday 26	Happy Holidays	Happy Holidays	



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