WEST MORRIS REGIONAL HIGH SCHOOLS -December 2025









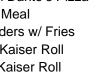
Monday 1	Cheese Tortellini w/ Garlic Bread & Italian Sausage	Honey Mustard Chicken Panini w/ Breaded Chicken, Honey Mustard & Provolone Cheese
Tuesday 2	Tender Tuesday - Whole Muscle Chicken Tenders in a variety of Sauces with Fries	Ham & Swiss Panini
Wednesday 3	Freshly Made Pancakes w/ choice of Sausage, 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



AMERICAN

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



GRILLE 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





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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AVAILABLE DAILY

Monday 8	Breaded Chicken Sandwich w/ Zesty Sauce & Pickles served with Curly Fries	BBQ Chicken Wrap
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



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

Assorted Specialty Pizzas from Dante's Pizza



AMERICAN GRILLE W 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





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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

Deli Central

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



American Grille 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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AVAILABLE DAILY

PO FOOD 3	Dist	1 1400
Monday 22	CLOSED	CLOSED
Tuesday 23	Winter Break	Winter Break
Wednesday 24	Closed	Closed
Thursday 25	Winter Break	Winter Break
Friday 26	Happy Holidays	Happy Holidays

Deli Central

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

American Grille

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

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