

WEST MORRIS REGIONAL HIGH SCHOOLS – March 2026



AVAILABLE DAILY

Monday 2	Beef Chili in a Bread Bowl	Mrs. Carol's Chipotle Chicken Wrap	<div style="text-align: center;">  <p>Pre-Ordered Made-to-Order Boar's Head Deli Sandwiches</p> <p>Assorted Boar's Head Grab & Go Sandwiches</p> <p>Locally Sourced Apple Nachos Available on our Farm Stand Daily</p> <p>Assorted Specialty Pizzas from Dante's Pizza</p> <div style="text-align: right;">  </div> <p>All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll All-Beef Hamburger</p> <div style="text-align: center;">  <p>White Meat Chicken Tenders in a Variety of Sauces And many of your other favorite Appetizers and Warm Snacks!</p> <p><i>All Chicken Entrées on the American Grille are Premium White Meat</i></p> <p>Ms. Carol's Specialty Wraps Available Daily!</p> </div> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered with a Roll</p> <div style="text-align: right;">  </div> </div>
Tuesday 3	Flavors Around the World Brazillian Feijoada a robust Bean and Pork Stew with a side of Local Corn Salsa	Mac & Chicken Panini - Melty Mac & Cheese w/ Crispy Chicken Tenders in a Four Tortilla	
Wednesday 4	Chicken Parmesan over Penne Pasta	Pepperoni Pizza Panini	
Thursday 5	National Breakfast Week House-Prepared Belgian Waffles with a variety of Toppings & a Local Blueberry Parfait	Chicken w/ Fresh Mozzarella Cheese, Roasted Red Peppers & Balsamic Dressing on Flatbread	
Friday 6	General Joe's Chicken w/ Fried Rice & Stir-Fried Vegetables	Meat Lovers' Pizza Panini	

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 9	Beef Bibimbap - Seasoned Ground Beef & Sautéed Vegetables over Rice	Mrs. Carol's Buffalo Chicken Wrap	<div style="text-align: center;"> <p><i>Deli Central</i></p> <p>Pre-Ordered Made-to-Order Boar's Head Deli Sandwiches</p> <p>Assorted Boar's Head Grab & Go Sandwiches</p> <p>Assorted Specialty Pizzas from Dante's Pizza</p> <p>PIZZA ZONE</p> <p>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> Ms. Carol's Specialty Wraps Available Daily!</p> <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i></p> <p>FRESH FARMISTAND</p> </div>
Tuesday 10	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	
Wednesday 11	Italian Hot Dog - Twin Sabrett Hot Dogs on a Hero Roll w/ Peppers, Onions & Potatoes	Chicken Parmesan Panini	
Thursday 12	Flavors Around The World Lebanese Beef Kofta served with an Herbed Quinoa & Brown Rice Blend	Bahn Mi Sandwich - Ham, Mayonnaise & Pickled Vegetables on a Hero Roll	
Friday 13	Buffalo Mac & Cheese w/ a Dinner Roll	Firecracker Turkey Panini w/ Turkey, Pepper Jack Cheese & Chipotle Mayonnaise	

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Monday 16	Baja Fish Tacos - Battered Cod w/ Rainbow Slaw & Chipotle Aioli	Hot Italian Panini w/ Ham, Salami, Pepper Jack Cheese & Hot Peppers	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 20px;"> <p>-Ordered Made-to-Order Boar's Head Deli Sandwiches Assorted Boar's Head Grab & Go Sandwiches</p> </div> <div style="display: flex; align-items: center; margin-bottom: 20px;"> <p style="margin-right: 10px;">Assorted Specialty Pizzas from Dante's Pizza</p> </div> <div style="display: flex; align-items: center; margin-bottom: 20px;"> <div style="margin-right: 10px;"> <p>AMERICAN GRILLE</p> </div> <p>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> </div> <div style="display: flex; align-items: center;"> <p style="margin-right: 10px;">Assorted Grab & Go Salad Specials Assorted salad selections are offered with a Roll</p> </div> </div>
Tuesday 17	Flavors Around the World Garnache: A crispy tortilla topped with refried beans and fresh vegetables, a staple of Belize	Nashville Hot Chicken on a Brioche Bun	
Wednesday 18	Early Dismissal No Lunch	Early Dismissal No Lunch	
Thursday 19	Breakfast for Lunch - Cinnamon-Glazed French Toast Sticks w/ Scrambled Eggs & Bacon	Grilled Chicken Florentine Panini w/ Grilled Chicken, Spinach & Tomato	
Friday 20	Variety of House-Made Calzones	Ham & Melted American Cheese	

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Monday 23	Chipotle-Style Burrito Bowl w/ Choice of Protein, Black Beans, Rice, Pico de Gallo, Guacamole, Cheddar Cheese & Sour Cream	Tuna Melt - Tuna Salad & Provolone Cheese on a Toasted Bagel	<div style="text-align: center;"> <p>Pre-Ordered Made-to-Order Boar's Head Deli Sandwiches</p> <p>Assorted Boar's Head Grab & Go Sandwiches</p> <p>Assorted Specialty Pizzas from Dante's Pizza</p> <p>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!</p> <p><i>All Chicken Entrées on the American Grille are Premium White Meat</i></p> <p><i>Ms. Carol's Specialty Wraps Available Daily!</i></p> <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i></p> </div> <div style="position: absolute; top: 10%; left: 10%; font-size: 2em; color: #D9534F;"> AMERICAN GRILLE </div> <div style="position: absolute; top: 20%; left: 10%; font-size: 2em; color: #E67E22;"> PIZZA ZONE </div> <div style="position: absolute; top: 40%; left: 10%; font-size: 2em; color: #27AE60;"> FRESH FARMISTAND </div>
Tuesday 24	Breaded Chicken Sandwich w/ Bacon & Ranch Dressing	Grilled Vegetable Panini w/ Seasonal Grilled Vegetables, Cheese & Italian Dressing	
Wednesday 25	Pasta w/ Meatballs & Garlic Toast Points	Hot Salami Panini - Salami w/ Provolone Cheese & Spicy Mustard on a Toasted Bagel	
Thursday 26	Flavors Around the World Hungarian Beef Goulash over Egg Noodles	Asian Chicken Panini - Grilled Chicken w/ Teriyaki Glaze & Fresh Vegetables	
Friday 27	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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