




WEST MORRIS REGIONAL HIGH SCHOOLS – November 2025



**Panini
Place**

AVAILABLE DAILY

Monday 3	Beef Chili in a Bread Bowl	Mrs. Carol's Chipotle Chicken Wrap	 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 4	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	
Wednesday 5	Chicken Parmesan over Penne Pasta	Pepperoni Pizza Panini	
Thursday 6	No School	No School	
Friday 7	No School	No School	

**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 10	Beef Bibimbap - Seasoned Ground Beef & Sautéed Vegetables over Rice	Mrs. Carol's Buffalo Chicken Wrap	 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 11	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 12	Italian Hot Dog - Twin Sabrett Hot Dogs on a Hero Roll with Peppers, Onions & Potatoes	Chicken Parmesan Panini	
Thursday 13	Chicken Teriyaki w/ Vegetable Fried Rice & Chicken Dumplings	Bahn Mi Sandwich - Ham, Mayonnaise & Pickled Vegetables on a Hero Roll	
Friday 14	Buffalo Mac & Cheese w/ a Dinner Roll	Firecracker Turkey Panini w/ Turkey, Pepper Jack Cheese & Chipotle Mayonnaise	



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Monday 17	Baja Fish Tacos - Battered Cod with Rainbow Slaw & a Chipotle Aioli	Hot Italian Panini w/ Ham, Salami, Pepper Jack Cheese & Hot Peppers	 <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>Jersey Rainbow Salad with Local Field Lettuce Available Daily</p> <p>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!</p> <p><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 18	Thanksgiving Feast Turkey w/ Gravy, Mashed Local Potatoes , Local Cranberry Sauce & a Dinner Roll	Monte Cristo Panini - Ham & Swiss Cheese on French Toast	
Wednesday 19	Nachos Grande w/ Beef, Cheese, Rice & Scoops Chips	Patty Melt – 100% Beef Burger w/ Melty Cheese on Rye Toast	
Thursday 20	Breakfast for Lunch - Cinnamon-Glazed French Toast Sticks w/ Scrambled Eggs & Bacon	Grilled Chicken Florentine Panini w/ Grilled Chicken, Spinach & Tomato	
Friday 21	Variety of House-Made Calzones	Ham & Melted American Cheese	

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Monday 24	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	 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 25	Breaded Chicken Sandwich w/ Bacon & Ranch Dressing	Grilled Vegetable Panini w/ Seasonal Grilled Vegetables, Cheese & Italian Dressing	
Wednesday 26	½ Day No Lunch	½ Day No Lunch	
Thursday 27	Happy Thanksgiving No School	Happy Thanksgiving No School	
Friday 28	No School	No School	

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