

***WEST MORRIS REGIONAL HIGH SCHOOLS –
October 2025***



Daily Dish



Panini Place

AVAILABLE DAILY

			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 American Grille Fresh Farmstand
Wednesday 1	Italian Hot Dog - Twin Sabrett Hot Dogs on a Hero Roll with Peppers, Onions & Potatoes	Chicken Parmesan Panini	
Thursday 2	Chicken Teriyaki w/ Vegetable Fried Rice & Chicken Dumplings	Bahn Mi Sandwich - Ham, Mayonnaise & Pickled Vegetables on a Hero Roll	
Friday 3	Buffalo Mac & Cheese w/ a Dinner Roll	Firecracker Turkey Panini w/ Turkey, Pepper Jack Cheese & Chipotle Mayonnaise	



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.

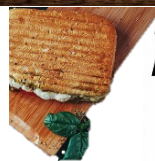
Pomptonian incorporates locally grown produce, when available.

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



WEST MORRIS REGIONAL HIGH SCHOOLS – October 2025



**Panini
Place**

AVAILABLE DAILY

Monday 6	Baja Fish Tacos - Battered Cod with Rainbow Slaw & a Chipotle Aioli	Hot Italian Panini w/ Ham, Salami, Pepper Jack Cheese & Hot Peppers	 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! <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 Assorted salad selections are offered with a Roll 
Tuesday 7	Macaroni & Cheese w/ a Dinner Roll	Local Apple Grilled Cheese Sandwich	
Wednesday 8	Nachos Grande w/ Beef, Cheese, Rice & Scoops Chips	Patty Melt – 100% Beef Burger w/ Melty Cheese on Rye Toast	
Thursday 9	Breakfast for Lunch - Cinnamon-Glazed French Toast Sticks w/ Scrambled Eggs & Bacon	Grilled Chicken Florentine Panini w/ Grilled Chicken, Spinach & Tomato	
Friday 10	Variety of House-Made Calzones	Ham & Melted American Cheese	

**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



WEST MORRIS REGIONAL HIGH SCHOOLS – October 2025



AVAILABLE DAILY

Monday 13	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 & 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! <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 Assorted salad selections are offered with a Roll   
Tuesday 14	Breaded Chicken Sandwich w/ Bacon & Ranch Dressing	Grilled Vegetable Panini w/ Seasonal Grilled Vegetables, Cheese & Italian Dressing	
Wednesday 15	National School Lunch Week: Taste the World – Your School Lunch Passport Chicken Tikka Masala w/ Basmati Rice & Warm Naan	Hot Salami Panini - Salami w/ Provolone Cheese & Spicy Mustard on a Toasted Bagel	
Thursday 16	Celebrate Hispanic Heritage Month with Pastelon (Plantain Lasagna)	Asian Chicken Local Lettuce Wraps with Vegetable Lo Mein	
Friday 17	Cheesesteak Bar - Beef or Chicken, Sautéed Vegetables & Choice of Cheese	Reuben Panini w/ Corned Beef, Sauerkraut, Swiss Cheese & Thousand Island Dressing	

**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



WEST MORRIS REGIONAL HIGH SCHOOLS – October 2025



**Panini
Place**

AVAILABLE DAILY

Monday 20	Cheese Tortellini w/ Garlic Bread & Italian Sausage	Honey Mustard Chicken Panini w/ Breaded Chicken, Honey Mustard & Provolone Cheese	 Pre-Ordered Made-to-Order Dietz & 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 Assorted salad selections are offered with a Roll  
Tuesday 21	Tender Tuesday - Whole Muscle Chicken Tenders in a variety of Sauces with Fries	Ham & Swiss Panini	
Wednesday 22	Freshly Made Pancakes w/ choice of Sausage, Bacon, or Taylor Ham	Chipotle Chicken Panini w/ Grilled Chicken, Pepper Jack Cheese & Chipotle Mayonnaise	
Thursday 23	Mashed Potato Bowl - Creamy Mashed Potatoes w/ Popcorn Chicken, Corn & Cheddar Cheese topped w/ Brown Gravy	Grilled Cheese Sandwich w/ Bacon	
Friday 24	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



WEST MORRIS REGIONAL HIGH SCHOOLS – October 2025



AVAILABLE DAILY

Monday 27	Breaded Chicken Sandwich w/ Zesty Sauce & Pickles served with Curly Fries	BBQ Chicken Wrap	 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! <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 28	Meatball Parmesan Hero	Asian-Style Grilled Chicken Bahn Mi	
Wednesday 29	Grilled Chicken over Penne Pasta w/ a Tangy Pink Sauce	Breakfast Wrap w/ Eggs, Bacon, Cheddar Cheese & Hash Browns	
Thursday 30	Happy Halloween! Mummy Hot Dog with French Fries	Chicken, Bacon, Ranch Panini with Broccoli & Cheddar Soup made with Locally Sourced Broccoli	
Friday 31	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	

**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

