



SEPTEMBER 2021

PARAMUS Elementary Schools



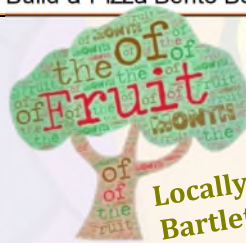
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
HAPPY LABOR DAY	Rosh Hashanah Schools Closed	Rosh Hashanah Schools Closed	All-White Meat Chicken Tenders w/ a Split Top Dinner Roll	Pizzeria-Style Pizza
Weekly Alternate: Breakfast Bento Box w/ Yogurt, Cheese Stick, Granola & Mini Muffin				
13	14	15	16	17
Sweet & Sour Chicken w/ Vegetable Fried Rice or Bean, Vegetable & Rice Bowl	Hamburger on a Bun or Cheeseburger on a Bun or Black Bean Burger on a Bun	Mini Pancakes w/ Egg Patty & Emoji Potatoes	Yom Kippur Schools Closed	Pizzeria-Style Pizza
Weekly Alternate: Fruit & Cheese Bento Box w/ a Mini Croissant				
20	21	22	23	24
Popcorn Chicken w/ a Split Top Dinner Roll	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops or Sweet Potato & Black Bean Nachos	Pizza Crunchers	General Tso's Chicken w/ Brown Rice & a Fortune Cookie or Bean, Vegetable & Rice Bowl	Pizzeria-Style Pizza
Weekly Alternate: Strawberry Smoothie w/ Muffin				
27	28	29	30	
Pizza Boli	Cheeseburger Sliders on Buns or Falafel Sliders	Mini Waffles w/ Turkey Sausage Patties	All-White Meat Chicken Tenders w/ a Split Top Dinner Roll or Falafel Bowl	
Weekly Alternate: Build-a-Pizza Bento Box				

Also Available Daily:

Bagel & Yogurt Lunch w/ a Cheese Stick
Grilled Chicken Caesar Salad w/ a Roll

Assorted Sandwiches

Italian Hero
Turkey & Cheese Sandwich
SunButter & Jelly Sandwich
Grilled Cheese Sandwich



Locally Grown
Bartlett Pears



Locally Grown
Corn



Free meals for all students*



At least 50% of All Grains served
w/ your meal are Whole Grain Rich

A Complete Lunch Includes:

Entrée (with Protein/Grain)
Trip to The Farm Stand
(students must select at least a serving
of fruit or vegetable)
Hormone-Free Milk

Menu Subject to Change

Your comments are important to us. Please e-mail
us at comments@pomptonian.com

"This institution is an equal
opportunity provider."

**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.