

# PARAMUS HIGH & MIDDLE SCHOOL SEPTEMBER 2021



## AVAILABLE DAILY

Monday 30					Bagel & Yogurt Lunch w/ a Cheese Stick Assorted Grab & Go Sandwiches 	
Tuesday 31					Assorted Specialty Pizzas	
Wednesday 1	NO SCHOOL	NO SCHOOL			All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns	
Thursday 2	NO SCHOOL	NO SCHOOL			Pasta with Meatballs & Marinara Sauce  Assorted Grab & Go Salad Specials Assorted salad selections are offered with a Roll	
Friday 3	NO SCHOOL	NO SCHOOL			<b>Free meals for all students</b>	



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](http://www.pomptonian.com).

Fruits & vegetables from The Farm Stand are included with lunch. **A complete meal includes:** Entrée with Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & 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](mailto:comments@pomptonian.com). Menu Subject to Change



Look for the NJ logo which shows items on the menu featuring locally grown items.



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

"This institution is an equal opportunity provider."



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## SEPTEMBER 2021



Daily Dish



# AVAILABLE DAILY

Monday 6	<b>HAPPY LABOR DAY</b>		<p><i>Deli Central</i></p> <p>Bagel &amp; Yogurt Lunch w/ a Cheese Stick Assorted Grab &amp; Go Sandwiches</p>  <p>Assorted Specialty Pizzas</p> <p><b>PIZZA ZONE</b></p> <p><b>AMERICAN GRILLE</b></p> <p>All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns</p> <p>Pasta with Meatballs &amp; Marinara Sauce</p> <p><i>Daily Dish</i></p> <p><b>FRESH FARMISTAND</b></p> <p>Assorted Grab &amp; Go Salad Specials Assorted salad selections are offered with a Roll</p>  <p><b>Free meals for all students</b></p>
Tuesday 7	Rosh Hashanah Schools Closed	Rosh Hashanah Schools Closed	
Wednesday 8	Rosh Hashanah Schools Closed	Rosh Hashanah Schools Closed	
Thursday 9	All White Meat Chicken Tenders W/ a Split Top Dinner Roll	Meatball Parmesan Hero	
Friday 10	Macaroni & Cheese w/ a Split Top Dinner Roll	Buffalo Chicken Stuffed Sandwich	



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Daily Dish



AVAILABLE DAILY

Monday 13	Sweet & Sour Chicken w/ vegetable Fried Rice & a Fortune Cookie	Pizza Crunchers	     	Bagel & Yogurt Lunch w/ a Cheese Stick Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas  All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Pasta with Meatballs & Marinara Sauce Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i> 
Tuesday 14	Hamburger or Cheeseburger on a Bun	Chicken Parmesan Panini with a Breaded Chicken Fillet, Marinara Sauce & Mozzarella Cheese		
Wednesday 15	Pizza Quesadilla	Italian Sub Panini with Ham, Salami, Provolone Cheese & Balsamic Vinaigrette		
Thursday 16	Yom Kippur Schools Closed	Rosh Hashanah Schools Closed		
Friday 17	Stuffed Crust Pizza	"Jersey Shore" Cheesesteak Hero with Onions & Peppers		

FOOD ALLERGIES

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Daily Dish



AVAILABLE DAILY

Monday 20	Popcorn Chicken w/ a Split Top Dinner Roll	Bruschetta Panini with Grilled Chicken, Tomatoes, Red Onion & Provolone Cheese	<p>Bagel &amp; Yogurt Lunch w/ a Cheese Stick Assorted Grab &amp; Go Sandwiches</p> <p>Assorted Specialty Pizzas</p> <p>All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns</p> <p>Pasta with Meatballs &amp; Marinara Sauce</p> <p>Assorted Grab &amp; Go Salad Specials Assorted salad selections are offered with a Roll</p> <p><b>Free meals for all students</b></p>	
Tuesday 21	Nachos Grande w/ Beef, Cheese, Brown Rice and Scoops	Chicken Ranch Panini with a Breaded Chicken Fillet, American Cheese & Ranch Dressing		
Wednesday 22	Cheese Stuffed Sticks w/ Marinara Sauce	Macaroni & Cheese w/ a Split Top Dinner Roll		
Thursday 23	General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	Meatball Parmesan Panini		
Friday 24	The Sampler – Baked Mozzarella Sticks & All-White Meat Chicken Bites with Dipping Sauces	Turkey Pepperoni Stuffed Sandwich		



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## AVAILABLE DAILY

<b>Monday 27</b>	Boneless Chicken Wings w/ a Split Top Dinner Roll	Pizzaboli	  Assorted Specialty Pizzas   All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Pasta with Meatballs & Marinara Sauce   Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>  <b>Free meals for all students</b>
<b>Tuesday 28</b>	Chicken Fillet Parmesan with a side of Spaghetti Marinara	Cheesesteak Hero	
<b>Wednesday 29</b>	Chicken Tenders and Mini Waffles	Breaded Chicken Panini with a Breaded Chicken Fillet, Provolone Cheese & Honey Mustard Dressing	
<b>Thursday 30</b>	Pasta w/ Pink Sauce, Grilled Chicken and Garlic Bread	Chicken Caesar Wrap with Grilled Chicken, Provolone Cheese, Lettuce & Caesar Dressing	
<b>Friday 1</b>	Grilled Cheese w/ Chicken Noodle Soup	Pepperoni Pizza Panini with Pepperoni, Mozzarella Cheese & Marinara Sauce	



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