




# OCTOBER PARAMUS

## 2021 Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Pizzeria Pizza 1
PizzaBoli 4	All-Beef Hot Dog on a Bun <b>National School Lunch</b> 5	100% Beef Burger on a Bun 6	Chicken Teriyaki w/ Vegetable Fried Rice & a Fortune Cookie or Bean, Vegetable & Rice Bowl 7	Pizzeria Pizza 8
<b>COLUMBUS DAY</b> 11	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops or Sweet Potato & Black Bean Nachos 12	Cinnamon-Glazed French Toast Sticks 13	Breaded Chicken on a Bun or Black Bean Burger on a Bun 14	Pizzeria Pizza 15
Chicken Nuggets w/ a Split Top Dinner Roll 11				
Boneless Chicken Wings w/ a Split Top Dinner Roll 18	Pasta w/ Meatballs or Pasta w/ Marinara Sauce & Cheese Sticks 19	Macaroni & Cheese w/ a Split Top Dinner Roll 20	Sweet & Sour Chicken w/ Vegetable Fried Rice or Bean, Vegetable & Rice Bowl 21	Pizzeria Pizza 22
Grilled Cheese Sandwich 25	100% Beef Burger on a Bun or Cheeseburger on a Bun or Black Bean Burger on a Bun 26	French Toast Sticks 27	<b>CELEBRATE HALLOWEEN!</b> Mummy Hot Dog w/ Ghostly Mashed Potatoes 28	Pizzeria Pizza 29

### Also Available Daily:

Bagel & Yogurt Lunch w/ a Cheese Stick

Grilled Chicken Caesar Salad w/ a Roll

### Assorted Sandwiches

Italian Hero

Turkey & Cheese Sandwich



Locally Grown Grapes

Locally Grown Peas



**Free meals for all students\***

### 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](mailto:comments@pomptonian.com)



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

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

"This institution is an equal opportunity provider."