

Paramus HIGH SCHOOL -*OCTOBER 2021*









AVAILABLE DAILY

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Monday 4	PizzaBoli	Chicken Parmesan Panini with a breaded chicken fillet, marinara sauce & mozzarella cheese	
Tuesday 5	All-Beef Hot Dog on a Bun	Cheeseburger on a bun	
Wednesday 6	Cheese Ravioli w/ Marinara Sauce & a Split Top Dinner Roll	Grilled Cheese Sandwich	
Thursday 7	Chicken Teriyaki w/ Vegetable Fried Rice & a Fortune Cookie or Bean, Vegetable & Rice Bowl	Chicken Ranch Panini with breaded chicken fillet, American cheese & ranch dressing	
Pizzeria Pizza Friday 8		Buffalo Chicken stuffed sandwich	
	-10		

Assorted Grab & Go Sandwiches



Assorted Specialty Pizzas

AMERICAN GRILLE

All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll

Pasta w/ Meatballs & Marinara Sauce



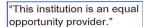
Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll

Allergy Aware menus are available for students w/ food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

Fruits & vegetables from The Farm Stand are included w/ lunch. A complete meal includes: Entrée w/ 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 w/ 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 11	Chicken Nuggets w/ a Split Top Dinner Roll	Meatball Parmesan Sandwich	Deli Central	Assorted Grab & Go Sandwiches	
Tuesday 12	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops	Sweet Potato & Black Bean Nachos	Marrotan	Assorted Specialty Pizzas All-White Meat Chicken Tenders w/ Fries	PIZZA
Wednesday 13	Cinnamon-Glazed French Toast Sticks	Italian Sub Panini with ham, salami, provolone & balsamic vinaigrette	American Grille	Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Pasta w/ Meatballs & Marinara Sauce	Daily
Thursday 14	Breaded Chicken on a Bun	Black Bean Burger on a Bun	FRESH FARMSTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	Dist
Friday 15	Pizzeria Pizza	"Jersey Shore" Cheesesteak hero with onions & peppers			
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Monday 18	Boneless Chicken Wings w/ a Split Top Dinner Roll	Brushetta Panini with Grilled	
Tuesday 19	Pasta w/ Meatballs or Pasta w/ Marinara Sauce & Cheese Sticks	Turkey Panini with American cheese, red peppers	
Wednesday 20	Macaroni & Cheese w/ a Split Top Dinner Roll	Grilled Cheese Sandwich	
Thursday 21	Sweet & Sour Chicken w/ Vegetable Fried Rice	Bean, Vegetable & Rice Bowl	
Friday 22	Pizzeria Pizza	Chicken Parmesan Sandwich	

Assorted Grab & Go Sandwiches



Assorted Specialty Pizzas



AMERICAN GRILLE

All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll



Pasta w/ Meatballs & Marinara Sauce



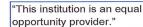
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Monday 25	All-White Meat Chicken Tenders w/ a Split Top Dinner Roll & Corn & Bean Salad	Pizza Crunchers	Deli Central	Assorted Grab & Go Sandwiches	
Tuesday 26	100% Beef Burger on a Bun or Cheeseburger on a Bun	Black Bean Burger on a Bun	Marrotan	Assorted Specialty Pizzas All-White Meat Chicken Tenders w/ Fries	PIZZA
Wednesday 27	Mini Pancakes w/ Turkey Sausage Links	BBQ Chicken Bites with Corn	American Grille	Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Pasta w/ Meatballs & Marinara Sauce	Daily
Thursday 28	CFLEBRATE HALLOWEEN! Grilled Cheese Sandwich	Macaroni & Cheese with a dinner roll	FRESH FARMSTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	Disu.
Friday 29	Pizzeria Pizza	Italian Sub Panini with ham, salami, provolone & balsamic vinaigrette			

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