



Paramus HIGH SCHOOL – OCTOBER 2021



Free meals for all students



AVAILABLE DAILY

Monday 4	PizzaBoli	Chicken Parmesan Panini with a breaded chicken fillet, marinara sauce & mozzarella cheese	<i>Deli Central</i>	Assorted Grab & Go Sandwiches 	
Tuesday 5	All-Beef Hot Dog on a Bun	Cheeseburger on a bun		Assorted Specialty Pizzas	PIZZA ZONE
Wednesday 6	Cheese Ravioli w/ Marinara Sauce & a Split Top Dinner Roll	Grilled Cheese Sandwich	AMERICAN GRILLE	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll	<i>Daily Dish</i>
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	FRESH FARMISTAND	Pasta w/ Meatballs & Marinara Sauce	
Friday 8	Pizzeria Pizza	Buffalo Chicken stuffed sandwich		Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i>	



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



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

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Monday 11	Chicken Nuggets w/ a Split Top Dinner Roll	Meatball Parmesan Sandwich	   	Assorted Grab & Go Sandwiches	 
Tuesday 12	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops	Sweet Potato & Black Bean Nachos		Assorted Specialty Pizzas	
Wednesday 13	Cinnamon-Glazed French Toast Sticks	Italian Sub Panini with ham, salami, provolone & balsamic vinaigrette		All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll	
Thursday 14	Breaded Chicken on a Bun	Black Bean Burger on a Bun		Pasta w/ Meatballs & Marinara Sauce	
Friday 15	Pizzeria Pizza	"Jersey Shore" Cheesesteak hero with onions & peppers		Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i>	



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Monday 18	Boneless Chicken Wings w/ a Split Top Dinner Roll	Brushetta Panini with Grilled	 	Assorted Grab & Go Sandwiches	
Tuesday 19	Pasta w/ Meatballs or Pasta w/ Marinara Sauce & Cheese Sticks	Turkey Panini with American cheese, red peppers		Assorted Specialty Pizzas	
Wednesday 20	Macaroni & Cheese w/ a Split Top Dinner Roll	Grilled Cheese Sandwich		All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll	
Thursday 21	Sweet & Sour Chicken w/ Vegetable Fried Rice	Bean, Vegetable & Rice Bowl		Pasta w/ Meatballs & Marinara Sauce	
Friday 22	Pizzeria Pizza	Chicken Parmesan Sandwich		Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	



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



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