









## AVAILABLE DAILY

Monday 4	PizzaBoli	Chicken Parmesan Panini with a breaded chicken fillet, marinara sauce & mozzarella cheese	
Tuesday 5	Early Dismissal No Lunch Served	Early Dismissal No Lunch Served	
Wednesday 6	Cheese Ravioli w/ Marinara Sauce & a Split Top Dinner Roll	Chicken Ranch Panini with breaded chicken fillet, American cheese & ranch dressing	
Thursday 7	Chicken Teriyaki w/ Vegetable Fried Rice & a Fortune Cookie or Bean, Vegetable & Rice Bowl	Pasta w/ Meatballs & Marinara Sauce	
Friday 8	Pizzeria Pizza	Buffalo Chicken stuffed sandwich	
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At least 50% of All Grains served w/ your meal are Whole Grain Rich



Assorted Grab & Go Sandwiches



Assorted Specialty Pizzas





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





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

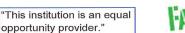
Allergy Aware menus are available for students w/ food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

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 <a href="mailto:comments@pomptonian.com">comments@pomptonian.com</a>. Menu Subject to Change



"This institution is an equal opportunity provider."













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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	Pasta w/ Meatballs & Marinara Sauce	American	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	GRILLE	Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburgers on a bun	Daily
Thursday 14	Breaded Chicken on a Bun	Pasta w/ Meatballs & Marinara Sauce	FRESH FARMSTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	Disir
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	Bruschetta Panini with Grilled	Deli Central	Assorted Grab & Go Sandwiches	
Tuesday 19	Pasta w/ Meatballs or Pasta w/ Marinara Sauce & Cheese Sticks	Pasta w/ Meatballs & Marinara Sauce		Assorted Specialty Pizzas	PIZZA
Wednesday 20	Macaroni & Cheese w/ a Split Top Dinner Roll	Turkey Panini with American cheese, red peppers	American Grille	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger on a bun	Dailu
Thursday 21	Sweet & Sour Chicken w/ Vegetable Fried Rice or Bean, Vegetable & Rice Bowl	Pasta w/ Meatballs & Marinara Sauce	FRESH FARMSTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	Dish
Friday 22	Pizzeria Pizza	Chicken Parmesan Sandwich			
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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 <b>or</b> Cheeseburger on a Bun	Pasta w/ Meatballs & Marinara Sauce	American	Assorted Specialty Pizzas  All-White Meat Chicken Tenders w/ Fries	PIZZA
Wednesday 27	Mini Pancakes w/ Turkey Sausage Links	BBQ Chicken Bites with Corn	GRILLE	Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger on a bun	Daily
Thursday 28	CELEBRATE HALLOWEEN!  Macaroni & Cheese with a  Halloween Pretzel	Pasta w/ Meatballs & Marinara Sauce	FRESH FARWSTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	Disit
Friday 29	Pizzeria Pizza	Italian Sub Panini with ham, salami, provolone & balsamic vinaigrette			

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