

**December 2019
Lunch Menu**

- MON 2 Grilled Cheese Sandwich with a Cup of Tomato Soup OR Chicken Patty on a Bun
- TUE 3 **Nacho Bar** - Seasoned Ground Turkey with Nacho Chips, Corn, Seasoned Rice, Sour Cream & Cheese OR Spicy Chicken Sandwich with Cole Slaw
- WED 4 **Buffalo Chicken Wings served with Celery Sticks, Oven Fries & a Roll** OR Cheese Pierogi with Sautéed Onions & Sour Cream
- THU 5 Cheese Ravioli with Meatball OR All-Beef Foot Long Hot Dog on a Bun
- FRI 6 Francesco Pizzeria Cheese Pizza with Caesar Salad OR General Tso's Chicken with Veggie Fried Rice & Steamed Broccoli
◆ **PANINI OF THE WEEK: Chicken & Cheddar Cheese**
- MON 9 Breaded Fish with Tater Tots & Corn OR Popcorn Chicken & a Roll
- TUE 10 Belgian Waffle Sticks with a Cheese Omelet OR Baked Mozzarella Sticks with Marinara Sauce
- WED 11 All-White Meat Chicken Tenders with a Roll & Oven Fries OR Grilled Cheese Sandwich with a Cup of Tomato Soup
- THU 12 **Roast Beef on Toast Points with Beef Gravy, Pearl Onions, Butternut Squash & Apple Crisp** OR Chicken Sandwich
- FRI 13 Domino's Cheese Pizza with Baby Carrots OR Hamburger or Cheeseburger on a Bun
◆ **PANINI OF THE WEEK: Salami, Pepperoni & Provolone Cheese**
- MON 16 Baked Chicken Tenders with Corn & a Roll OR Meatball Hero
- TUE 17 All-Beef Foot Long Hot Dog on a Bun with Baked Beans OR Mozzarella Sticks with Marinara Sauce & a Dinner Roll
- WED 18 **Pork Roll & Cheese Sandwich on a Roll with Oven Fries** OR Chicken Patty on a Bun
- THU 19 Cheese Ravioli with Meatball & Green Beans OR Baked Chicken Nuggets with a Dinner Roll
- FRI 20 EARLY DISMISSAL - NO LUNCH
◆ **PANINI OF THE WEEK: Ham & Cheddar Cheese**
- MON 23
- TUE 24
- WED 25
- THU 26
- FRI 27
- MON 30
- TUE 31



Each complete lunch includes:
Choice of Entrée with Protein/Grain, a trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & choice of Milk

Available Daily



Fruits & vegetables from The Farm Stand are included with lunch.

AMERICAN GRILLE

2 Rotating Entrées:
Cheese Pizza
Burgers on Buns
Chicken Patty on a Bun
Barbecue Rib Sandwich
Cheesesteak Hero
Chicken Nuggets w/ a Roll
Big Daddy's Traditional Pizza Daily

Deli Central

Assorted Grab & Go Sandwiches & Wraps
Smucker's PB&J
Uncrustable served w/ a Cheese Stick & Tiny Twist Pretzels

FRESH FARMSTAND

Assorted Grab & Go Salads served w/ a Roll

SNACK SHACK

Featuring an assortment of popular & healthier snack & beverage options



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

TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS

• Cash • Check • On-line
Visit "payforit.net"

Menu Subject to Change

Your comments are important to us.
Please email us at comments@pomptonian.com

"This institution is an equal opportunity provider."

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.