



- MON 4 All-White Meat Chicken Bites with Corn on the Cob
OR Grilled Cheese Sandwich & Tomato Soup
- TUE 5 **Breakfast Bar** - French Toast Sticks with Choice of Turkey
Sausage or a Colby Cheese Omelet & a 100% Juice Cup
OR Pork Roll & Cheese on a Kaiser Roll
- WED 6 **All-White Meat Chicken Tenders with a Roll & Oven Fries**
OR Hamburger or Cheeseburger on a Bun
- THU 7 JK Sampler - Mozzarella Sticks & Chicken Nuggets with a
Garden Salad OR Cheese Stuffed Shells with a Dinner Roll
- FRI 8 Domino's Cheese Pizza with Baby Carrots & Ranch Dressing
OR Sweet & Sour Chicken with Veggie Rice & Steamed
Broccoli
PANINI OF THE WEEK: Grilled Ham & Cheddar Cheese
- MON 11 Mini Eggo Pancakes, with a Cheese Omelet & Fruit OR Chicken
Patty on a Bun
- TUE 12 **Taco Bar** - Seasoned Ground Turkey with Corn, Black Beans,
Rice, Cheese, Lettuce & Tomato OR Spicy Chicken Sandwich
on a Roll
- WED 13 **Barbecue or Chipotle Chicken Wings served with
Celery Sticks, Oven Fries & a Roll** OR Cheese Pierogi with
Sautéed Onions & Sour Cream
- THU 14 Cheese Stuffed Shells with Texas Toast OR All-Beef Hot Dog
on a Bun
- FRI 15 Francesco Cheese Pizza with Caesar Salad OR General Tso's
Chicken with Veggie Rice & Steamed Broccoli
PANINI OF THE WEEK: Ham, Salami and Provolone
- MON 18 Grilled Cheese Sandwich with a cup of Tomato Soup OR
Popcorn Chicken with a Roll & Caesar Salad
- TUE 19 Oven Roasted Turkey with Gravy, Sweet Potato Fries, Corn on
the Cob & a Roll
- WED 20 EARLY DISMISSAL – NO LUNCH
- THU 21 EARLY DISMISSAL – NO LUNCH
- FRI 22 Domino's Cheese Pizza with Baby Carrots & Ranch Dressing
OR Sweet & Sour Chicken with Veggie Rice & Steamed Broccoli
**PANINI OF THE WEEK: Salami, Pepperoni & Provolone
Cheese**
- MON 25 Baked Chicken Tenders with a Roll OR
Meatball Parmesan Hero
- TUE 26 All-Beef Hot Dog on a Bun with Baked Beans OR
Mozzarella Sticks with Marinara Sauce & a Dinner Roll
- WED 27 EARLY DISMISSAL - NO LUNCH
- THU 28 HAPPY THANKSGIVING
- FRI 29 HAPPY THANKSGIVING
PANINI OF THE WEEK: Grilled Ham & Cheddar Cheese

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.