





Monday 3	Chicken Parmesan w/ side Pasta	Deli Central	Assorted Grab & Go Sandwiches	
Tuesday 4	Bacon Cheeseburgers w/ French Fries Vegan Impossible Burger w/ French Fries		DIETZ & WATSON Pizzeria Pizza	PIZZA
Wednesday 5	Breakfast for Lunch: French Toast w/ Turkey Sausage and Tater Tots	American Grille	Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll	
Thursday 6	Beef Nachos w/ Scoops		Beef & Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce Pasta with Meatballs & Marinara Sauce	Daily
Friday 7	Superbowl Appetizer Sampler or 6' Foot Sub w/ Chips	FRESH FARMSTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials	J)(St)

Fruits & vegetables from The Farm Stand are included w/ lunch. A complete meal includes: Entrée w/ Protein/Grain, a Trip to The Farm Stand & a Choice of Milk. All Snacks are in compliance with the State's Guidelines. Your comments are important to us. Please e-mail us at comments@pomptonian.com. Menu Subject to Change.



THE MONTH

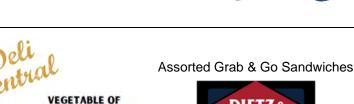
LOCALLY GROWN CANDY CANE BEETS







Monday	Homemade Mac & Cheese		
10	w/ Garlic Bread		
Tuesday	Chicken Teriyaki		
11	w/ Vegetable Egg Roll		
Wednesday 12	Homemade Cheese Quesadillas Homemade Chicken & Cheese Quesadillas w/ Chips and Salsa		
Thursday	BBQ Rib Sandwich		
13	w/ Mashed Potatoes		
Friday	Pizza Crunchers		
14	w/ Local Candy Cane Beet Chips		





Pizzeria Pizza



American Grille Boneless Chicken Wings
All-White Meat Chicken Tenders with Fries
Crispy Chicken Fillet on a Kaiser Roll
Spicy Chicken Fillet on a Kaiser Roll
Beef & Chicken Empanadas
Mozzarella-Stuffed Sticks with Marinara Sauce

Pasta with Meatballs & Marinara Sauce



FRESH FARNISTAND

Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials

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AVAILABLE DAILY

Monday 17	PRESIDENT'S DAY BREAK	
Tuesday 18	PRESIDENT'S DAY BREAK	
Wednesday 19	Cheese Pierogis w/ Pork Kielbasa and Sauerkraut	
Thursday 20	Cheese Stuffed Shells in Pink Sauce w/ Garlic Bread	
Friday 21	Chicken & Waffles w/ Local Blueberry Oat Crisp	

















Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Beef & Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce

Pasta with Meatballs & Marinara Sauce





Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials

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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.





AVAILABLE DAILY

Monday 24	Double-Stack Cheeseburger w/ French Fries	
Tuesday 25	Chili Cheese Dogs w/ Waffle Fries	
Wednesday 26	Popcorn Chicken Bowl	
Thursday 27	Meatball Parmesan	
Friday 28	General Tso's Chicken w/ Vegetable Fried Rice	



Assorted Grab & Go Sandwiches



Pizzeria Pizza



American Grille Boneless Chicken Wings
All-White Meat Chicken Tenders with Fries
Crispy Chicken Fillet on a Kaiser Roll
Spicy Chicken Fillet on a Kaiser Roll
Beef & Chicken Empanadas
Mozzarella-Stuffed Sticks with Marinara Sauce

Pasta with Meatballs & Marinara Sauce



FRESH FARNISTAND

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Monday 27	Buffalo Mac & Cheese w/ Garlic Bread	Deli Central	Assorted Grab & Go Sandwiches	
Tuesday 28	Orange Chicken w/ Vegetable Fried Rice and Vegetable Egg Roll		Pizzeria Pizza	PIZZA
Wednesday 29	Appetizer Sampler	American Grille	Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll	
Thursday 30	Beef Burritos 3-Bean Vegetarian Burrito w/ Scoops	auten	Beef & Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce	Doilu
			Pasta with Meatballs & Marinara Sauce	Dish
Friday 31	Pasta w/ Marinara Sauce and Dinner Roll Pasta w/ Beef Meat Sauce and Dinner Roll Pasta w/ Alfredo Sauce & Dinner Roll	FRESH FARMSTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials	20 00

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