





Monday September <b>30</b>	Chili Cheese Dog – All-Beef Hot Dog served with Beef Chili, Cheese and Choice of Toppings served with Roasted Red Potatoes
Tuesday 1	Grilled Chicken BLT with Chips and a Pickle Wedge
Wednesday 2	Baked Ziti with Homemade Garlic Bread
Thursday 3	NO SCHOOL
Friday 4	No SCHOOL

Deli Central

AMERICAN

GRILLE

FRESH

Assorted Grab & Go Sandwiches

Pizzeria Pizza

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

Pasta with Meatballs & Marinara Sauce

Mozzarella-Stuffed Sticks with Marinara Sauce

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

Daily Dish

> FRUIT OF THE MONTH



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



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# AVAILABLE DAILY

Monday 7	Homemade Macaroni and Cheese with Italian Bread	Deli Central	Assorted Grab & Go Sandwiches	
Tuesday 8	Homemade Grilled Cheese Sandwich served with Tomato Soup		Pizzeria Pizza  Boneless Chicken Wings	PIZZA
Wednesday 9	Beef Burrito with Scoops Chips OR 3-Bean Vegetarian Burrito with Scoops Chips	American Grille	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	
Thursday 10	Chicken Parmesan on a Bun	FRESH	Pasta with Meatballs & Marinara Sauce  Build-Your-Own Salad Bar	Daily Dish
Friday 11	Hot Dog Bar with Assorted Toppings and Waffle Fries  Celebrating Hispanic Heritage Month Cuban Sandwich with Plantain Chips	FARWISTAND	Assorted Grab & Go Salad Specials	

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Monday 14	EARLY DISMISSAL	
Tuesday 15	Chicken Noodle Soup with a Buttermilk Biscuit	
Wednesday 16	Stuffed Crust Pizza  Teriyaki Chicken with <i>Local Baby Bok Choy Vegetable</i> and  Fried Rice	
Thursday 17	Panther Stuffed Sandwich with Pizza Crunchers, Boneless Chicken Wings and French Fries served with Chips	
Friday 18	Pasta and Meatballs with Alfredo Sauce	



FRESH

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

Daily Dish

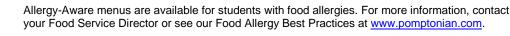
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**Build-Your-Own Salad Bar** Assorted Grab & Go Salad Specials

VEGETABLE OF THE MONTH



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### AVAILABLE DAILY

Monday 21	Popcorn Chicken Bowl with Mashed Potatoes, Cheddar Cheese, Gravy and Sweet Corn
Tuesday 22	Breakfast for Lunch – French Toast or Pancakes with a Sausage Patty and Hash Brown
Wednesday 23	3-Cheese Cavatappi with Veggies and a Dinner Roll  Cheese Pierogi and Bratwurst with  Local Caramelized Onions with  Pretzel Roll and Cheese Dip
Thursday 24	Cheese-Stuffed Shells in a Pink Sauce with Mixed Veggies and Garlic Bread
Friday 25	General Tso's Chicken with Rice and Broccoli



Assorted Grab & Go Sandwiches

Pizzeria Pizza



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





VEGETABLE OF THE MONTH



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## AVAILABLE DAILY

Monday 28	Cheese-Stuffed Shells with Pink Sauce, Mixed Veggies and Garlic Bread Featuring Local Roasted Cauliflower
Tuesday 29	6-Foot Sub Day – Choice of Italian or Turkey with Chips
Wednesday 30	Chicken and Cheese Quesadilla OR Cheese Quesadillas with Sour Cream and Guacamole
Thursday 31	Meatball Parmesan with Mashed Potatoes  Mummy Hot Dog with French Fries
Friday November 1	French Bread Pizza



Assorted Grab & Go Sandwiches

Pizzeria Pizza

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

Daily Dish

Build Assorted

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

VEGETABLE OF



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