

# HANOVER PARK REGIONAL HIGH SCHOOLS

## April 2025



*Daily Dish*

*Veggie Dish*

AVAILABLE DAILY

|                        |  |  |  |
|------------------------|--|--|--|
| <b>Monday<br/>31</b>   | Grilled Chicken Bruschetta with Fresh Tomato, Provolone Cheese & Balsamic Vinaigrette on a Roll                              | Penne Pasta with Marinara Sauce & Shredded Mozzarella Cheese               | <i>Deli Central</i><br><b>Made-to-Order Thumann's Deli Bar</b><br>Assorted Grab & Go Sandwiches<br> |
| <b>Tuesday<br/>1</b>   | Pepperoni Stromboli with Marinara Dipping Sauce  | Cheese Stromboli with Marinara Dipping Sauce                               | <b>PIZZA ZONE</b><br>Assorted Specialty Pizzas   |
| <b>Wednesday<br/>2</b> | Wild Wing Wednesday – Assorted Chicken Wings & Sauces with a Roll served with Celery Sticks                                  | Wild Wing Wednesday – Plant-Based Wings & Sauces served with Celery Sticks | <b>AMERICAN GRILLE</b><br>All-White Meat Chicken Tenders with Fries<br>Crispy Chicken Fillet on a Kaiser Roll<br>Spicy Chicken Fillet on a Kaiser Roll<br>Cheeseburger Sliders on Buns |
| <b>Thursday<br/>3</b>  | All-Beef Hot Dog on a Bun with French Fries<br><br><i>Choose from Assorted Fixings:<br/>Chili, Chopped Onion, Sauerkraut</i> | Broccoli Penne with Garlic Sauce, Plant-Based Nuggets & a Dinner Roll      | <b>FRESH FARMISTAND</b><br>Build-Your-Own Salad Bar  |
| <b>Friday<br/>4</b>    | Chicken Lo Mein with an Egg Roll   | Veggie Lo Mein with an Egg Roll  |  |

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

**A complete meal includes:** Entrée with Protein/Grain, a Trip to The Farm Stand, & a Choice of Milk.

Also available daily: Assorted cold beverages, soups, vegetables & fresh & chilled fruit bowl. All Snacks are in compliance with the State's Guidelines.

Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com). Menu Subject to Change

**FOOD  
ALLERGIES**

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|------------------------|--|--|-----------------------------|--|
| <b>Monday<br/>7</b>    | Nachos Grande with Turkey Taco,<br>Brown Rice & Scoops Chips   | Roasted Vegetable Wrap with Melted<br>Mozzarella Cheese & Garlic Basil<br>Dressing                   | <i>Deli<br/>Central</i>     | <b>Made-to-Order Thumann's Deli Bar</b><br>Assorted Grab & Go Sandwiches<br><i>Thumann's</i>   |
| <b>Tuesday<br/>8</b>   | Jerk Chicken served with<br>Jamaican Rice & Peas and Roasted<br>Vegetables   | Ricotta & Mozzarella Cheese Stuffed<br>Shells with Tomato Basil Sauce<br>& a Dinner Roll             | <b>PIZZA<br/>ZONE</b>       | Assorted Specialty Pizzas  |
| <b>Wednesday<br/>9</b> | Wild Wing Wednesday – Assorted<br>Chicken Wings & Sauces with a Roll<br>served with Celery Sticks                          | Wild Wing Wednesday -<br>Plant-Based Wings & Sauces<br>served with Celery Sticks                     | <b>AMERICAN<br/>GRILLE</b>  | All-White Meat Chicken Tenders with Fries<br>Crispy Chicken Fillet on a Kaiser Roll<br>Spicy Chicken Fillet on a Kaiser Roll<br>Cheeseburger Sliders on Buns |
| <b>Thursday<br/>10</b> | Mediterranean Steak Wrap – Gyro with<br>Beef, Onions, Tomato & Tzatziki Sauce<br>in a Wrap<br><i>Sautéed Local Spinach</i> | Falafel Gyro – Falafel, Onions, Tomato<br>& Tzatziki Sauce in a Wrap<br><i>Sautéed Local Spinach</i> | <b>FRESH<br/>FARMISTAND</b> | Build-Your-Own Salad Bar<br><i>Fresh Local Applesauce</i>  |
| <b>Friday<br/>11</b>   | Sweet & Sour Chicken<br>over Rice with a side of Vegetables  | Sweet & Sour Plant-Based Chicken<br>over Rice with a side of Vegetables                              |                             |  |

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## AVAILABLE DAILY

|                 |                           |                           |   |
|-----------------|---------------------------|---------------------------|---|
| Monday<br>14    | Spring Break<br>No School | Spring Break<br>No School | <br><b>Made-to-Order Thumann's Deli Bar</b><br>Assorted Grab & Go Sandwiches<br><br><br><br>Assorted Specialty Pizzas<br><br><br>All-White Meat Chicken Tenders with Fries<br>Crispy Chicken Fillet on a Kaiser Roll<br>Spicy Chicken Fillet on a Kaiser Roll<br>Cheeseburger Sliders on Buns<br><br><br>Build-Your-Own Salad Bar |
| Tuesday<br>15   | Spring Break<br>No School | Spring Break<br>No School |   |
| Wednesday<br>16 | Spring Break<br>No School | Spring Break<br>No School |   |
| Thursday<br>17  | Spring Break<br>No School | Spring Break<br>No School |   |
| Friday<br>18    | Spring Break<br>No School | Spring Break<br>No School |   |

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|-----------------|---|---|--|
| Monday<br>21    | <b>Spring Break<br/>No School</b>   | <b>Spring Break<br/>No School</b>   | <i>Deli Central</i><br><b>Made-to-Order Thumann's Deli Bar</b><br>Assorted Grab & Go Sandwiches<br> |
| Tuesday<br>22   | Nachos Grande with Seasoned Taco Meat, Rice & Scoops Chips<br><i>Chia Seed Pudding w/ Berries</i> | Nachos Grande with Seasoned Black Beans, Rice & Scoops Chips<br><i>Chia Seed Pudding w/ Berries</i> | <b>PIZZA ZONE</b><br>Assorted Specialty Pizzas   |
| Wednesday<br>23 | Wild Wing Wednesday – Assorted Chicken Wings & Sauces with a Roll served with Celery Sticks       | Wild Wing Wednesday - Plant-Based Wings & Sauces served with Celery Sticks                          | <b>AMERICAN GRILLE</b><br>All-White Meat Chicken Tenders with Fries<br>Crispy Chicken Fillet on a Kaiser Roll<br>Spicy Chicken Fillet on a Kaiser Roll<br>Cheeseburger Sliders on Buns |
| Thursday<br>24  | Sweet Chili & Orange Chicken with Veggie Fried Rice   | Plant-Based Sweet Chili & Orange "Chicken" with Veggie Fried Rice                                   | <b>FRESH FARMISTAND</b><br>Build-Your-Own Salad Bar<br><i>Fresh Local Applesauce</i>   |
| Friday<br>25    | Baked Buffalo Chicken Macaroni & Cheese with a Dinner Roll  | Baked Macaroni & Cheese with a Dinner Roll  |  |

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|-----------------|---|--|-------------------------|---|
| Monday<br>28    | <b>National Grilled Cheese Month</b><br><i>Grilled Ham &amp; Cheese Sandwich with Tomato Soup</i> | <b>National Grilled Cheese Month</b><br><i>Grilled Cheese Sandwich with Tomato Soup</i>              | <b>Deli Central</b>     | <b>Made-to-Order Thumann's Deli Bar</b><br>Assorted Grab & Go Sandwiches<br> |
| Tuesday<br>29   | Taco Tuesday – Seasoned Ground Beef with Cheese, Lettuce, Tomato & Salsa served with Mexican Rice | Taco Tuesday – Seasoned Black Beans with Cheese, Lettuce, Tomato & Salsa served with Mexican Rice    | <b>PIZZA ZONE</b>       | Assorted Specialty Pizzas   |
| Wednesday<br>30 | Wild Wing Wednesday – Assorted Chicken Wings & Sauces with a Roll served with Celery Sticks       | Wild Wing Wednesday - Plant-Based Wings & Sauces served with Celery Sticks                           | <b>AMERICAN GRILLE</b>  | All-White Meat Chicken Tenders with Fries<br>Crispy Chicken Fillet on a Kaiser Roll<br>Spicy Chicken Fillet on a Kaiser Roll<br>Cheeseburger Sliders on Buns    |
| Thursday<br>1   | Chicken Bowl – Mashed Potatoes topped with Corn, Crispy Chicken, Gravy & Cheese with a Roll       | Plant-Based Bowl – Mashed Potatoes topped with Corn, Plant-Based Tenders, Gravy & Cheese with a Roll | <b>FRESH FARMISTAND</b> | Build-Your-Own Salad Bar<br><br><i>Fresh Local Apple Sauce</i>  |
| Friday<br>2     | <b>Burger Bar</b> – 100% Beef Burger with Choice of Toppings on a Bun                             | <b>Burger Bar</b> – Impossible Burger Bar with Choice of Toppings on a Bun                           |                         |   |

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