



### AVAILABLE DAILY

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Monday September 30	Breakfast for Lunch: French Toast Sticks, Sausage Links & Hash Brown	Breakfast for Lunch: French Toast Sticks, Morning Star Sausage Patty & Hash Brown
Tuesday October 1	Nachos Grande with Seasoned Taco Meat, Rice & Beans	Vegetarian Nachos Grande: Seasoned Impossible Meat with Rice & Beans
Wednesday 2	Pasta Bar: Pasta with Assorted Sauces & Meatballs	Pasta Bar: Pasta with Assorted Sauces & Plant-Based Meatballs
Thursday 3	NO SCHOOL	NO SCHOOL
Friday 4	Chicken Bites with Macaroni & Cheese	Plant-Based Tenders with Macaroni & Cheese

Made-to-Order Deli Bar Assorted Grab & Go Sandwiches

Dominick's Pizza

AMERICAN GRILLE

All-White Meat Chicken Tenders with Fries Hamburgers & Cheeseburgers on Buns

Pasta with Meatballs & Marinara Sauce



Make-Your-Own Salad Bar also available daily

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









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Monday 7	Burger Bar: 100% Beef Burger on a Bun with Choice of Toppings	Veggie Burger Bar: Veggie Burger on a Bun with Choice of Toppings
Tuesday 8	Cuban Sandwich with Plantain Chips	Vegetarian Cuban Sandwich with Plantain Chips
Wednesday 9	Wild Wing Wednesday Chicken Wings with Assorted Sauces	Wild "Wing" Wednesday Plant-Based Tenders with Assorted Sauces
Thursday 10	Asian Sampler: Dumplings, Egg Roll & Sweet & Sour Chicken with a Fortune Cookie	Asian Sampler: Vegetable Dumplings, Vegetable Spring Roll & Vegetable Wontons with a Fortune Cookie
Friday 11	Chicken Bites with Macaroni & Cheese	Plant-Based Tenders with Macaroni & Cheese

Made-to-Order Deli Bar Assorted Grab & Go Sandwiches

#### NATIONAL APPLE MONTH Local SunCrisp Apple

Dominick's Pizza

AMERICAN GRILLE

All-White Meat Chicken Tenders with Fries Hamburgers & Cheeseburgers on Buns

Pasta with Meatballs & Marinara Sauce





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Monday 14	NO SCHOOL	NO SCHOOL
Tuesday 15	Nachos Grande with Seasoned Taco Meat, Rice & Beans	Vegetarian Nachos Grande: Seasoned Impossible Meat, Rice & Beans
Wednesday 16	Pasta Bar: Pasta with Assorted Sauces & Meatballs	Pasta Bar: Pasta with Assorted Sauces & Plant-Based Meatballs
Thursday 17	Sweet & Sour Chicken with <b>Local Baby Bok Choy</b> Vegetable Fried Rice & a Fortune Cookie	Plant-Based Sweet & Sour "Chicken" with <b>Local Baby Bok</b> <b>Choy</b> Vegetable Fried Rice & a Fortune Cookie
Friday 18	Chicken Bites with Macaroni & Cheese	Plant-Based Tenders with Macaroni & Cheese

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Monday 21	OCTOBERFEST Bratwurst with Local Caramelized Onions on a Pretzel Roll	OCTOBERFEST Pierogi with Local Caramelized Onions, Hot Pretzel & Cheese Dip
Tuesday 22	Chicken Fajita Pasta Bake	Plant-Based Fajita Pasta Bake
Wednesday 23	Wild Wing Wednesday Chicken Wings with Assorted Sauces	Wild "Wing" Wednesday Plant-Based Tenders with Assorted Sauces
Thursday 24	General Tso's Chicken with Rice, Vegetables & a Fortune Cookie	General Tso's Plant-Based "Chicken" with Rice, Vegetables & a Fortune Cookie
Friday 25	Chicken Bites with Macaroni & Cheese	Plant-Based Tenders with Macaroni & Cheese

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Dominick's Pizza

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Monday 28	Hot Dog on a Pretzel Bun with Waffle Fries	Plant-Based Italian Sausage on a Pretzel Bun with Waffle Fries
Tuesday 29	Walking Tacos with Seasoned Meat, Cheese, Rice & Beans	Walking Tacos with Impossible Meat, Cheese, Rice & Beans
Wednesday 30	Pasta Bar: Pasta with Assorted Sauces & Meatballs served with Roasted Local Cauliflower	Pasta Bar: Pasta with Assorted Sauces & Plant-Based Meatballs served with Roasted Local Cauliflower
Thursday 31	Orange Chicken with Vegetable Fried Rice & a Fortune Cookie	Plant-Based Orange "Chicken" with Vegetable Fried Rice & a Fortune Cookie
Friday November 1	Chicken Bites with Macaroni & Cheese	Plant-Based Tenders with Macaroni & Cheese

Made-to-Order Deli Bar Assorted Grab & Go Sandwiches

Dominick's Pizza

AMERICAN GRILLE

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Pasta with Meatballs & Marinara Sauce



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