



AVAILABLE DAILY

Monday 2	Grilled Mozzarella Cheese w/Pesto & Tomato	Chipotle Buffalo Chicken Wrap	Deli Central sr	Assorted Grab & Go Deli Sandwiches mucker's Peanut Butter & Jelly Uncrustat or <b>Visit our Deli Bar!</b> Fresh Pasta Specials -	oles
Tuesday 3	Teriyaki Chicken w/White Rice & Broccoli	Roast Beef & Provolone Hero		Don't forget the Garlic Bread! Yogurt Parfaits Hummus & Chips Veggie & Protein Boxes	Dally Dish
Wednesday 4	Chicken Tikka Masala w/ Basmati Rice & Roasted Cauliflower	Paneer Tikka Masala w/ Fresh Spinach & Roasted Vegetables over Basmati Rice	American Grille	Assorted Grab & Go Options including: Chicken Tenders Popcorn Chicken Fries	
Thursday 5	Hot Open Roast Beef w/ Mashed Potatoes & Vegetable	Chipotle Chicken Panini	A Rotation o	f Vegetarian & Vegan Selections Are A or Pre-Order Your Favorite: Vegetable or Impossible Burger Grilled Cheese Sandwich Pasta Pizza Tofu & More	Veggie Dish
Friday 6	Chicken Bacon Ranch Stromboli	Prosciutto w/ Fresh Mozzarella on French Bread	FRESH FARMSTAND	Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip	



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. All Snacks are in compliance with the State's Guidelines. Menu Subject to Change Your comments are important to us. Please e-mail us at <u>comments@pomptonian.com</u>.







AVAILABLE DAILY

Monday 9	Ravioli Marinara	Chipotle Buffalo Chicken Hero	Deli Central sr	Assorted Grab & Go Deli Sandwiches nucker's Peanut Butter & Jelly Uncrustab or <b>Visit our Deli Bar!</b>	les
Tuesday 10	Beef Burrito w/ Mexican Rice	Chicken Flatbread Melt		Fresh Pasta Specials - Don't forget the Garlic Bread! Yogurt Parfaits Hummus & Chips Veggie & Protein Boxes	Daily Dish
Wednesday 11	Pork Loin w/ Mashed Potatoes & Vegetable	Honey Garlic Chicken Panini	American Grille	Assorted Grab & Go Options including: Chicken Tenders Popcorn Chicken Fries	
Thursday 12	Bacon, Lettuce & Tomato Wrap	Reuben	A Rotation o	f Vegetarian & Vegan Selections Are A or Pre-Order Your Favorite: Vegetable or Impossible Burger Grilled Cheese Sandwich Pasta Pizza Tofu & More	Veggie Dish
Friday 13	Baked Ziti w/Garlic Bread	Cuban Sandwich	FRESH FARMSTAND	Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip	



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. All Snacks are in compliance with the State's Guidelines. Menu Subject to Change Your comments are important to us. Please e-mail us at <u>comments@pomptonian.com</u>.







AVAILABLE DAILY

Monday 16	Ham & Cheese Melt on a Croissant	Bacon Cheeseburger on a Bun	Deli Central sr	Assorted Grab & Go Deli Sandwiches nucker's Peanut Butter & Jelly Uncrustab or <b>Visit our Deli Bar!</b>	les
Tuesday 17	Holiday Dinner Cavatelli w/ Pink Sauce & Peas w/ Local Apple Crisp & Mashed Local Koginut Squash	Grilled Chicken w/ Quinoa & Mashed <b>Local Koginut</b> Squash		Fresh Pasta Specials - Don't forget the Garlic Bread! Yogurt Parfaits Hummus & Chips Veggie & Protein Boxes	Daily Dish
Wednesday 18	General Tso's Chicken w/ Rice & Broccoli	General Tso's Tofu w/ Rice & Broccoli	American Grille	Assorted Grab & Go Options including: Chicken Tenders Popcorn Chicken Fries	
Thursday 19	Chicken Avocado Melt on Focaccia w/ Chipotle	Spicy Chicken Melt	A Rotation of	f Vegetarian & Vegan Selections Are A or Pre-Order Your Favorite: Vegetable or Impossible Burger Grilled Cheese Sandwich Pasta Pizza	vailable Daily Veggie Dish
Friday 20	HALF DAY NO LUNCH SERVICE		FRESH FARMSTAND	Tofu & More Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip	



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. All Snacks are in compliance with the State's Guidelines. Menu Subject to Change Your comments are important to us. Please e-mail us at <u>comments@pomptonian.com</u>.





Monday 23

Tuesday

24

Wednesday

25

Thursday

26

Friday

27



Happy Holidays

AVAILABLE DAILY

Assorted Grab & Go Deli Sandwiches Smucker's Peanut Butter & Jelly Uncrustables or Visit our Deli Bar!

> Fresh Pasta Specials -Don't forget the Garlic Bread! Yogurt Parfaits Hummus & Chips Veggie & Protein Boxes



American Grille

FRESH

Assorted Grab & Go Options including: Chicken Tenders Popcorn Chicken Fries

A Rotation of Vegetarian & Vegan Selections Are Available Daily or Pre-Order Your Favorite:

Vegetable or Impossible Burger Grilled Cheese Sandwich Pasta Pizza Tofu & More



Choose from an array of Fresh, Flavorful Salads each day & Fresh Fruit & Veggies w/ Dip



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. All Snacks are in compliance with the State's Guidelines. Menu Subject to Change Your comments are important to us. Please e-mail us at <u>comments@pomptonian.com</u>.

