






# WATCHUNG HILLS REGIONAL HIGH SCHOOL – DECEMBER 2024



## AVAILABLE DAILY

<b>Monday</b> 2	Sweet & Sour Chicken with Broccoli over Lo Mein	Beef Burrito served with Chips & Salsa	Ham & Cheddar Cheese Club Sandwich with Bacon, Lettuce & Tomato on a Wrap with Dijon Mustard	BBQ Crispy Chicken Salad with Tomato, Corn, Cheddar Cheese & Crispy Onions	 Premium Deli Featuring <i>Thumann's</i> Made-to-Order Deli Bar    <b>Ciro's Cheese Pizza</b>   Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks   Salad Bar by the Ounce
<b>Tuesday</b> 3	Nashville Hot Chicken Sandwich served with French Fries	Baked Pesto Pasta with Cherry Tomatoes	Turkey with Provolone Cheese & Balsamic Mayonnaise on a Ciabatta Roll	Chipotle Ranch Chicken Salad with Avocado, Corn, Tomato, Pepper, Jack Cheese & Tortilla Chips	
<b>Wednesday</b> 4	Pollo Saltado - Chicken, Peppers, Onions & Tomato over Steak Fries with a Side of Rice	Penne Pasta & Broccoli with Garlic Bread	Grilled Chicken BLT on a Ciabatta Roll	BLT Salad - Crispy Bacon, Tomato, Red Onion & Shredded Mozzarella Cheese served over a bed of Lettuce with Croutons	
<b>Thursday</b> 5	Pasta Pomodoro served with a Side Salad	Chicken Parmesan Sub served with Caesar Salad	Bruschetta Sandwich with Tomato, Red Onion & Provolone Cheese served on a French Baguette with Pesto Mayonnaise	Chicken Cobb Salad - Sliced Grilled Chicken over a bed of Lettuce topped with Bacon, Tomato, Egg, Avocado & Crumbled Blue Cheese	
<b>Friday</b> 6	Buffalo Chicken Macaroni & Cheese	Beef Chili in a Bread Bowl with Cheddar Cheese, Sour Cream & Green Onions	Corned Beef on Rye with Swiss Cheese	Greek Salad - Olives, Tomatoes, Red Onion & Cucumbers over a bed of Romaine Lettuce topped with Crumbled Feta Cheese	

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**FOOD ALLERGIES**

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 & snacks. 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

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Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

<b>Monday 9</b>	Chicken Tikka Masala over Rice with Naan Bread	Meatball Parmesan Sub served with Fries	Buffalo Chicken Wrap with Crispy Chicken & Blue Cheese Dressing	Bruschetta Salad - Fresh Homemade Bruschetta over Romaine Lettuce served with Mozzarella Cheese & Garlic Toast Points	 Premium Deli Featuring <i>Thumann's</i> <b>Made-to-Order Deli Bar</b>    <b>Ciro's Cheese Pizza</b>   Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks   <b>Salad Bar by the Ounce</b>
<b>Tuesday 10</b>	Pasta Bar – Pasta with Assorted Sauces & Toppings	Buffalo Chicken Sandwich with Pepper Jack Cheese served with French Fries	Pesto Chicken Salad on Rye Bread with Roasted Red Peppers	Classic Caesar Salad or Chicken Caesar Salad	
<b>Wednesday 11</b>	Baked Potato Bar with, Bacon, Broccoli, Butter, Sour Cream & Cheese Sauce	Chicken Fajita Wrap with Peppers & Onions served with Roasted Corn & Black Bean	Ultimate Veggie Hoagie - Avocado, Cucumber, Red Pepper Rings & Red Onion layered on a French Baguette topped with Fresh Spinach & Shredded Carrots drizzled with Oil & Vinegar	Spinach Salad topped with Fresh Sliced Mushrooms, Onion, Bacon & Cheese served with Baked Pita Chips	
<b>Thursday 12</b>	Open-Faced Turkey Sandwich with Gravy & Corn	Macaroni & Cheese	Triple Decker Turkey Club on Sourdough Bread	Asian Crispy Chicken Salad with Chili Crispy Chicken, Oranges, Cucumber, Carrots & Chow Mein Noodles	
<b>Friday 13</b>	Creamy Cajun Chicken Pasta served with Garlic Bread	Personal Pan Pizza served with a Side Salad	Grilled Herbed Chicken on a Ciabatta Roll with Provolone Cheese, Shredded Lettuce & Aioli Mayonnaise	Antipasto Salad Ham, Salami & Provolone Cheese over Romaine Lettuce served with Artichokes, Red Onions, Roasted Red Peppers, Olives & Tomato	

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## AVAILABLE DAILY

<b>Monday 16</b>	<b>HOLIDAY Dinner</b> Cavatelli with Pink Sauce & Peas served w/ Mashed Local Koginut Squash & Local Apple Crisp	Chicken & Cheese Quesadilla served with Guacamole, Sour Cream & Salsa	Cool Ranch Chicken Twister - Chicken with Jack Cheese, Lettuce & Ranch Dressing in a Wrap	Chef's Salad - Deli Meats & Cheese over a bed of Lettuce with Assorted Vegetables	Premium Deli Featuring <i>Thumann's</i> Made-to-Order Deli Bar  <b>Ciro's Cheese Pizza</b> Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks Salad Bar by the Ounce
<b>Tuesday 17</b>	Herb-Roasted Chicken with Mashed Potatoes & Corn	Tortellini with Pomodoro Sauce served with a Caesar Side Salad	Mediterranean Wrap - Turkey with Fresh Spinach, Sliced Olives, Tomatoes & Feta Cheese with Balsamic Vinaigrette	Buffalo Chicken Salad - Spicy Chicken Salad with Celery Sticks & Toast Points over Mixed Greens	
<b>Wednesday 18</b>	Pasta with Marinara Sauce served with Garlic Bread	Spanish Pork served with Yellow Rice & Plantains	Twisted Reuben - Marble Rye Bread with Turkey, Swiss Cheese, Coleslaw, Pickles & Dijon-Horseradish Mayonnaise	Southwest Chopped Chicken Salad with Cheddar Cheese, Corn, Black Beans, Tomatoes & Onions tossed with Cilantro Salad Blend & Ranch Dressing, served with Corn Chips	
<b>Thursday 19</b>	Pepperoni Roll with Marinara Sauce	Sweet & Spicy Chicken & Waffles	Cobb Club Sandwich - Turkey, Bacon & Tomato with Blue Cheese Dressing on 7-Grain Bread	Fruit & Cheese Salad - Assorted Fresh Fruit & Cheese served with Pita Chips	
<b>Friday 20</b>	Tortellini with Pomodoro Sauce served with a Caesar Salad	Beef Gyro	Italian Wrap with Ham, Salami & Provolone Cheese	Broccoli Salad with Cranberry	

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## AVAILABLE DAILY

Monday 23	CLOSED FOR THE HOLIDAY	HAPPY HOLIDAYS	CLOSED FOR THE HOLIDAY	HAPPY HOLIDAYS	 Premium Deli Featuring <i>Thumann's</i> Made-to-Order Deli Bar    <b>Ciro's Cheese Pizza</b>   Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks   Salad Bar by the Ounce
Tuesday 24	CLOSED FOR THE HOLIDAY	HAPPY HOLIDAYS	CLOSED FOR THE HOLIDAY	HAPPY HOLIDAYS	
Wednesday 25	CLOSED FOR THE HOLIDAY	HAPPY HOLIDAYS	CLOSED FOR THE HOLIDAY	HAPPY HOLIDAYS	
Thursday 26	CLOSED FOR THE HOLIDAY	HAPPY HOLIDAYS	CLOSED FOR THE HOLIDAY	HAPPY HOLIDAYS	
Friday 27	CLOSED FOR THE HOLIDAY	HAPPY HOLIDAYS	CLOSED FOR THE HOLIDAY	HAPPY HOLIDAYS	

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<b>Monday</b> 30	<b>CLOSED FOR THE HOLIDAY</b>	<b>HAPPY HOLIDAYS</b>	<b>CLOSED FOR THE HOLIDAY</b>	<b>HAPPY HOLIDAYS</b>	 Premium Deli Featuring <i>Thumann's</i>    <b>Ciro's Cheese Pizza</b>   Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks   <b>Salad Bar by the Ounce</b>
<b>Tuesday</b> 31	<b>CLOSED FOR THE HOLIDAY</b>	<b>HAPPY HOLIDAYS</b>	<b>CLOSED FOR THE HOLIDAY</b>	<b>HAPPY HOLIDAYS</b>	
<b>Wednesday</b> January 1	<b>CLOSED FOR THE HOLIDAY</b>	<b>HAPPY NEW YEAR</b>	<b>CLOSED FOR THE HOLIDAY</b>	<b>HAPPY NEW YEAR</b>	
<b>Thursday</b> 2	Macaroni & Cheese	Meatball Parmesan Sub served with French Fries	Triple Decker Turkey Club on Sourdough Bread	Tuna Salad over a bed of Mixed Greens with Assorted Veggies & Crackers	
<b>Friday</b> 3	Pasta Carbonara with Bacon & Peas served with a Side Salad	Personal Pan Pizza served with a Side Salad	Grilled Herbed Chicken on a Ciabatta Roll with Havarti Cheese, Shredded Lettuce & Aioli Mayonnaise	Antipasto Salad – Ham, Salami & Provolone Cheese over Romaine Lettuce served with Artichokes, Red Onions, Roasted Red Peppers, Olives & Tomato	

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