

WATCHUNG HILLS REGIONAL HIGH SCHOOL – JANUARY 2025



AVAILABLE DAILY

Monday 6	Potato & Cheese Pierogi over Warm Cabbage with Onions & Sour Cream	Cheesesteak Hero with Peppers & Onions served with Onion Rings	Caprese Baguette with Roasted Red Peppers, Mozzarella Cheese, Tomato & Basil	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   Ciro's Cheese Pizza  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  Salad Bar by the Ounce
Tuesday 7	Veggie Fried Rice with an Egg Roll & a Fortune Cookie	Pasta & Meatballs served with a Side Salad	Buffalo Chicken Breast with American Cheese, Lettuce & Tomato on Whole Wheat Roll	Buffalo Chicken Salad - Spicy Chicken Salad with Celery Sticks & Toast Points over Mixed Greens	
Wednesday 8	Homemade Baked Ziti with a Caesar Side Salad	Wild Wing Wednesday - Spicy Buffalo Chicken Wings with Blue Cheese Dip & Celery Sticks	The Western – Roast Beef, Provolone Cheese & Red Onion on an Onion Roll with Ranch Dressing	Southwest Chopped Chicken Salad with Cheddar Cheese, Corn, Black Beans, Tomatoes & Onions tossed with Cilantro Salad Blend & Ranch Dressing, served with Corn Chips	
Thursday 9	Cinnamon French Toast served with a side of Fruit	BBQ Pulled Pork Sandwich served with Cajun French Fries	The French Bistro – Turkey, Swiss Cheese & Tomato on a Croissant with Mayo	Fruit & Cheese Salad - Assorted Fresh Fruit & Cheese served with Pita Chips	
Friday 10	Foods Across America Kentucky Hot Brown Sandwich w/ Bacon served with Fries	Nachos Grande served with Fresh Salsa	Veggie Delight - Breaded Eggplant & Provolone Cheese on a Baguette with Roasted Red Peppers & Pesto	Broccoli Salad with Cranberry	

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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. Menu Subject to Change

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.



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Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

Monday 13	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 Mustard	BBQ Crispy Chicken Salad with Tomato, Corn, Cheddar Cheese & Crispy Onions	 Premium Deli Featuring <i>Thumann's</i> Made-to-Order Deli Bar   Ciro's Cheese Pizza  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  Salad Bar by the Ounce
Tuesday 14	Nashville Hot Chicken Sandwich served with French Fries	Baked Pesto Pasta with Cherry Tomatoes	Pepper Turkey with Provolone Cheese & Balsamic Mayonnaise on a Ciabatta Roll	Chipotle Ranch Chicken Salad with Avocado, Corn, Tomato, Pepper, Jack Cheese & Tortilla Chips	
Wednesday 15	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	
Thursday 16	Pasta Pomodoro served with a Side Salad	Chicken Parmesan Sub served with Fries	Grilled Chicken Bruschetta Sandwich with Tomato, Red Onion & Provolone Cheese served on a French Baguette with Pesto	Chicken Cobb Salad - Sliced Grilled Chicken over a bed of Lettuce topped with Bacon, Tomato, Egg, Avocado & Crumbled Blue Cheese	
Friday 17	Tortellini with Pomodoro Sauce served with a Caesar Salad	Foods Across America Frito Pie	Turkey Club on Sourdough Bread	Greek Salad - Olives, Tomatoes, Red Onion & Cucumbers over a bed of Romaine Lettuce topped with Crumbled Feta Cheese	

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Monday 20	CLOSED FOR MARTIN LUTHER KING DAY	CLOSED FOR MARTIN LUTHER KING DAY	CLOSED FOR MARTIN LUTHER KING DAY	CLOSED FOR MARTIN LUTHER KING DAY	Premium Deli Featuring <i>Thumann's</i> Made-to-Order Deli Bar Ciro's Cheese Pizza Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks Salad Bar by the Ounce
Tuesday 21	Pasta Bar – Pasta with Assorted Sauces & Toppings	Buffalo Chicken Sandwich with Pepper Jack Cheese served with French Fries	Italian-Style Turkey on Ciabatta with Provolone Cheese, Lettuce, Tomato & Onion	ASIAN PEAR SLAW	
Wednesday 22	Baked Potato Bar with, Bacon ,Broccoli, Butter, Sour Cream & Cheese Sauce	Chicken Fajita Wrap with Peppers & Onions served with Roasted Corn & Black Bean	California Chicken Club with American Cheese, Avocado, Bacon, Lettuce & Tomato	Spinach Salad topped with Fresh Sliced Mushrooms, Onion, Bacon & Cheese served with Baked Pita Chips	
Thursday 23	Open-Faced Turkey Sandwich with Gravy & Corn	Macaroni & Cheese Loaded Baked Local Potato Soup	Foods Across America Corned Beef on Rye with Swiss Cheese	Asian Crispy Chicken Salad with Crispy Chili Chicken, Oranges, Cucumber, Carrots & Chow Mein Noodles	
Friday 24	Creamy Cajun Chicken Pasta served with Garlic Bread	Personal Pan Pizza served with a Side Salad	Chicken Cordon Blue Wrap with Ham, Swiss Cheese, Lettuce, Tomato & Honey Mustard	Antipasto Salad - Ham, Salami & Provolone Cheese over Romaine Lettuce served with Artichokes, Red Onions, Roasted Red Peppers, Olives & Tomato	

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Monday 27	Penne Pasta Ratatouille served with Garlic Bread	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>   Ciro's Cheese Pizza  Chicken Nuggets Quarter Pounder Burgers Spicy/Plain Chicken Patty Mozzarella Sticks  Salad Bar by the Ounce
Tuesday 28	Herb-Roasted Chicken with Roasted Potatoes & Corn	Tortellini with Pomodoro Sauce served with a Caesar Side Salad	Mediterranean Wrap - Turkey with Fresh Spinach, Tomatoes & Feta Cheese with Balsamic Vinaigrette	Buffalo Chicken Salad - Spicy Chicken Salad with Celery Sticks & Toast Points over Mixed Greens	
Wednesday 29	Pasta with Marinara Sauce served with Garlic Bread	Spanish Pork served with Yellow Rice & Plantains	Grilled Vegetable Sandwich with Provolone Cheese & Balsamic Glaze	Southwest Chopped Chicken Salad with Cheddar Cheese, Corn, Black Beans, Tomatoes & Onions tossed with Cilantro Salad Blend & Ranch Dressing, served with Corn Chips	
Thursday 30	Pepperoni Roll with Marinara Sauce	Celebrate Lunar New Year! Peking Chicken with Vegetable Fried Rice	Chipotle Chicken & Cheddar Cheese on 7-Grain Bread	Fruit & Cheese Salad - Assorted Fresh Fruit & Cheese served with Pita Chips	
Friday 31	Buffalo Chicken Macaroni & Cheese	Beef Gyro	Italian Wrap with Ham, Salami & Provolone Cheese	Broccoli Salad with Cranberry	

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