## January 2020

**Lunch**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>THE FARM STAND</strong></td>
<td><strong>Happy New Year</strong></td>
<td><strong>Fruits &amp; vegetables from The Farm Stand are included with lunch.</strong></td>
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<tr>
<td></td>
<td>Locally Grown Purple Potatoes</td>
<td>1 All-White Meat Chicken Nuggets with a Roll &amp; Mashed Potatoes</td>
<td>2 Pizzeria Pizza</td>
<td>3 Popcorn Chicken with Dip &amp; a Roll</td>
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<td>Pasta with Meat Sauce &amp; Garlic Bread</td>
<td>7 Meatball Parmesan on a Roll</td>
<td>8 Baked Macaroni &amp; Cheese with a Dinner Roll</td>
<td>9 Pizzeria Pizza</td>
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<td>6 Nachos Grande with Turkey Taco Meat, Brown Rice &amp; Scoops Chips</td>
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<td>10 All-White Meat Chicken Nuggets with a Roll</td>
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<td>13 Popcorn Chicken with Dip &amp; a Roll</td>
<td>14 Wild Wing Wednesday - Boneless Chicken Wings in Barbecue or Hot Sauce with a Roll</td>
<td>15 French Toast Sticks with Scrambled Eggs</td>
<td>17 Pizzeria Pizza</td>
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<td>15 Pizzeria Pizza</td>
<td>16 Baked Mozzarella Sticks with Marinara Sauce</td>
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<tr>
<td>20</td>
<td>20 SCHOOL CLOSED</td>
<td>21 Cheeseburger on a Bun with Smile Fries</td>
<td>22 Pizza Crunchers with Marinara Sauce</td>
<td>23 Pizzeria Pizza</td>
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<td>27 All-White Meat Chicken Nuggets with a Dinner Roll &amp; Mashed Potatoes</td>
<td>28 Nachos Grande with Turkey Taco Meat, Brown Rice &amp; Scoops Chips</td>
<td>29 Cheesesteak on a Bun with Tater Tots</td>
<td>30 Pizzeria Pizza</td>
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<td>31 Chicken Parmesan with Pasta</td>
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</table>

**Weekly Alternate**
- All-White Meat Chicken Nuggets with a Roll
- Chicken & Cheese Quesadilla
- Baked Mozzarella Sticks with Marinara Sauce
- Baked Macaroni & Cheese with a Dinner Roll

### Also Available Daily

- **Salad Lunch** (each salad includes Sliced French Bread)
  - Chef’s Salad: Tossed Greens with Turkey, Ham & Cheese
  - Chicken Caesar Salad: Tossed Greens with Sliced Chicken & Caesar Dressing

- **Bagel Meal**
  - Bagel with Cream Cheese, Low-Fat Cheese Sticks & a trip to The Farm Stand

- **Yogurt Lunch**
  - 4 oz. Yogurt, Cheese Stick, Pretzels, Sliced Bread & a trip to The Farm Stand

- **Cereal Lunch**
  - Choice of Cereal, Low-Fat Cheese Sticks & a trip to The Farm Stand

- **Deli Sandwich**
  - Turkey Sandwich: Turkey Breast on a Roll with Lettuce & Tomato
  - Ham Sandwich: Ham on a Wrap with Lettuce & Tomato

> **At least 50% of All Grains served w/ your meal are Whole Grain Rich**

> 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](http://www.pomptonian.com).

> **A Complete Lunch Includes:**
>  - Entrée (with Protein/Grain)
>  - Trip to The Farm Stand (students must select at least a serving of fruit or vegetable)
>  - Milk Choice: 1% White, Skim, or Non-Fat Chocolate

> **Menu Subject to Change**
> Your comments are important to us. Please e-mail us at comments@pomptonian.com

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"This institution is an equal opportunity provider."