<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Cheese Sandwich with Tomato Soup</td>
<td>Chicken &amp; Quesadilla</td>
<td>All-Beef Hot Dog on a Bun with Smile Fries</td>
<td>Pizzeria Pizza</td>
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<tr>
<td>Chicken Sliders on Buns with Fries</td>
<td>Cheesesteak on a Bun with Tater Tots</td>
<td>French Toast Sticks with an Egg Patty</td>
<td>Pizzeria Pizza</td>
<td></td>
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<tr>
<td>Weekly Alternate: Popcorn Chicken with Dip &amp; a Roll</td>
<td>Weekly Alternate: Baked Mozzarella Sticks with Marinara Sauce</td>
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<tr>
<td>COLUMBUS DAY NO SCHOOL</td>
<td>Pasta with Meat Sauce &amp; Garlic Bread</td>
<td>Meatball Parmesan on a Roll</td>
<td>Baked Macaroni &amp; Cheese with a Dinner Roll</td>
<td>Pizzeria Pizza</td>
</tr>
<tr>
<td>Popcorn Chicken with Dip &amp; a Roll</td>
<td>All-Beef Hot Dog on a Bun with French Fries</td>
<td>Wild Wing Wednesday - Boneless Chicken Wings in BBQ or Hot Sauce with a Roll</td>
<td>French Toast Sticks with an Egg Patty</td>
<td>Pizzeria Pizza</td>
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<tr>
<td>WeeklyAlternate: Chicken &amp; Cheese Quesadilla</td>
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<td></td>
<td>Weekly Alternate: All-White Meat Chicken Nuggets with a Roll</td>
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</tr>
<tr>
<td>Grilled Cheese Sandwich with Tomato Soup</td>
<td>Baked Mozzarella Sticks with Marinara Sauce</td>
<td>Cheeseburger on a Bun with Fries</td>
<td>Pizza Crunchers with Marinara Sauce</td>
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<tr>
<td>Weekly Alternate: Breaded Chicken Fillet on a Bun</td>
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</tbody>
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**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

**Fruits & vegetables from The Farm Stand are included with lunch.**

**Locally Grown Pumpkins**

**Weekly Alternate:**
- Popcorn Chicken with Dip & a Roll
- Baked Mozzarella Sticks with Marinara Sauce
- All-White Meat Chicken Nuggets with a Roll
- Chicken & Cheese Quesadilla
- Breaded Chicken Fillet on a Bun

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

**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

**Locally Grown Honeycrisp Apples**