<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Popcorn Chicken with Dip &amp; a Roll</td>
<td>Spaghetti 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>
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<tr>
<td>Weekly Alternate: All-White Meat Chicken Nuggets with a Roll</td>
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<tr>
<td>All-Beef Hot Dog on a Bun with French Fries</td>
<td>Grilled Cheese Sandwich with Tomato Soup</td>
<td>Baked Mozzarella Sticks with Marinara Sauce</td>
<td>Cheeseburger on a Bun with Smile Fries</td>
<td>Pizzeria Pizza</td>
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<tr>
<td>Weekly Alternate: Chicken &amp; Cheese Quesadilla</td>
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<tr>
<td>Nachos Grande with Turkey Taco Meat, Brown Rice &amp; Scoops Chips</td>
<td>Cheesesteak on a Bun with French Fries</td>
<td>Breaded Chicken Fillet Parmesan on a Roll</td>
<td>Pizzeria Pizza</td>
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<tr>
<td>Weekly Alternate: Baked Macaroni &amp; Cheese with a Dinner Roll</td>
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<tr>
<td>Beef Tacos with Cheese, Lettuce, Tomato &amp; Salsa with Mexican Rice</td>
<td>All-White Meat Chicken Nuggets with a Dinner Roll &amp; Mashed Potatoes</td>
<td>Jersey Fresh Farm to School Week</td>
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</tbody>
</table>

**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

** Jersey Fresh Farm to School Week**

**Jersey Fresh Fruit of the Month**

**Locally Grown Veggie of the Month**

**Locally Grown Fruit of the Month**

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

**Patriot Day**
Wild Wing Wednesday - Boneless Chicken Wings in BBQ or Hot Sauce with a Roll

**Weekly Alternate:**
Chicken & Cheese Quesadilla

**Weekly Alternate:**
Breaded Chicken Fillet on a Bun

**Weekly Alternate:**
Baked Macaroni & Cheese with a Dinner Roll

**A Complete Lunch Includes:**
Entree (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

"This institution is an equal opportunity provider."