



# FEBRUARY ROCKAWAY BOROUGH

## 2020 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div style="border: 1px solid green; padding: 5px; text-align: center;"> <b>Fruits &amp; vegetables from The Farm Stand are included with lunch.</b> </div>	
3 Grilled Cheese Sandwich with Tomato Soup	4 Beef Nachos with Cheese, Lettuce, Tomato & Salsa with Brown Rice	5 Chicken & Cheese Quesadilla	6 All-Beef Hot Dog on a Bun with Fries	7 Pizza
<div style="border: 1px solid orange; padding: 5px; display: inline-block;"> <b>Weekly Alternate:</b> Popcorn Chicken with Dip &amp; a Roll         </div>				
10 Beef Sliders on Buns with Fries	11 Cheesesteak Hero with Tater Tots	12 French Toast Sticks with Scrambled Eggs	13 Pizza	14 <b>Valentine's Day</b> School Closed Mid-Winter Break
<div style="border: 1px solid orange; padding: 5px; display: inline-block;"> <b>Weekly Alternate:</b> Baked Mozzarella Sticks with Marinara Sauce         </div>				
17 School Closed Mid-Winter Break	18 Pasta w/ Meatballs and Garlic Bread	19 Pizza Crunchers with Marinara Sauce	20 Baked Macaroni & Cheese with a Dinner Roll	21 Pizza
<div style="border: 1px solid orange; padding: 5px; display: inline-block;"> <b>Weekly Alternate:</b> All-White Meat Chicken Nuggets with a Roll         </div>				
24 Popcorn Chicken with Dip & a Roll	25 All-Beef Hot Dog on a Bun with Fries	26 Wild Wing Wednesday - Boneless Chicken Wings in Barbecue or Hot Sauce with a Roll	27 French Toast Sticks with Scrambled Eggs	28 Pizza
<div style="border: 1px solid orange; padding: 5px; display: inline-block;"> <b>Weekly Alternate:</b> Chicken &amp; Cheese Quesadilla         </div>				

### 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

#### 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](mailto:comments@pomptonian.com)



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

**FOOD ALLERGIES**

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).

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