

MIDLAND PARK JR./SR. HIGH SCHOOL – SEPTEMBER 2021



Daily Dish



AVAILABLE DAILY

Monday 30				Assorted Grab & Go Sandwiches
Tuesday 31				Assorted Specialty Pizzas
Wednesday 1				All-White Meat Chicken Tenders with Fries Crispy Patty on a Bun Mozzarella Sticks Cheeseburger on a Bun
Thursday 2				Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>
Friday 3	Pizzeria Style Pizza	Chicken Parmesan On a Kaiser Roll		Free meals for all students

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.

Fruits & vegetables from The Farm Stand are included with lunch. **A complete meal includes:** Entrée with Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & a Choice of Milk.

Also available daily: Assorted cold beverages, soups, vegetables & fresh & chilled fruit bowl. 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



Look for the NJ logo which shows items on the menu featuring locally grown items.



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

"This institution is an equal opportunity provider."




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AVAILABLE DAILY

Monday 6	HAPPY LABOR DAY		<i>Deli Central</i>	Assorted Grab & Go Sandwiches
Tuesday 7	Pizza Crunchers	California Burger On a Bun		Assorted Specialty Pizzas
Wednesday 8	Pasta w/ Meatballs & Garlic Toast	Meatball Hero	AMERICAN GRILLE	All-White Meat Chicken Tenders with Fries Crispy Patty on a Bun Mozzarella Sticks Cheeseburger on a Bun
Thursday 9	Chicken Nuggets w/ a Split Top Dinner Roll & Tater Tots	Chicken Fajita Wrap	FRESH FARMISTAND	Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>
Friday 10	Pizzeria-Style Pizza	Chicken Fillet On A Kaiser Roll		Free meals for all students



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Monday 13	Boneless Chicken Wings w/ a Split Top Dinner Roll	PizzaBoli	 Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas All-White Meat Chicken Tenders with Fries Crispy Patty on a Bun Mozzarella Sticks Cheeseburger on a Bun  Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>  Free meals for all students
Tuesday 14	Pizza Quesadilla	Chicken Sliders on Buns	
Wednesday 15	Cheesesteak On a Hero	Spicy Chicken Fillet On a Bun	
Thursday 16	No School	No School	
Friday 17	Pizzeria-Style Pizza	Meatball Parm On a Hero	



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Monday 20	Popcorn Chicken w/ A Split Top Dinner Roll	Pizza Crunchers	 Assorted Grab & Go Sandwiches  All-White Meat Chicken Tenders with Fries Crispy Patty on a Bun Mozzarella Sticks Cheeseburger on a Bun  Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>  Free meals for all students	
Tuesday 21	Cheese Stuffed Sticks w/ Marinara Sauce	Buffalo Chicken On a Hero		 Assorted Specialty Pizzas
Wednesday 22	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops	Bagel Lunch w/ Yogurt & Cheese Stick		
Thursday 23	General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	Pizza Bagel		
Friday 24	Pizzeria-Style Pizza	Chicken Parmesan On a Hero		



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Monday 27	Boneless Chicken Wings w/ a Split Top Dinner Roll	California Burger On A Bun	  	Assorted Grab & Go Sandwiches	
Tuesday 28	Grilled Cheese On Texas Toast	French Toast Sticks w/ Egg Patty		Assorted Specialty Pizzas	
Wednesday 29	Hot Dog on a Bun	BBQ Rib On a Hero		All-White Meat Chicken Tenders with Fries Crispy Patty on a Bun Mozzarella Sticks Cheeseburger on a Bun	
Thursday 30	Mini Waffles w/ Turkey Sausage & Hash Brown	Sausage, Egg & Cheese on a Kaiser		Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>	
Friday 1	Pizzeria-Style Pizza	Meatball Hero		 Free meals for all students	



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