

# MIDLAND PARK HIGH & MIDDLE SCHOOL – JANUARY 2022







All students receive  
one free meal per day



Daily Dish



## AVAILABLE DAILY

<b>Monday</b> 3	Chicken Nuggets w/ a Split Top Dinner Roll	Grilled Cheese	 Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas   Chicken Patty on a Bun Cheeseburger or Burger on a Bun Mozzarella Sticks Bacon or Sausage Egg & Cheese on a Bagel   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	
<b>Tuesday</b> 4	Macaroni & Cheese w/ a Split Top Dinner Roll	Chicken Parmesan on a Bun		
<b>Wednesday</b> 5	<b>Beef or Turkey</b> Nachos Grande w/ Cheese, Brown Rice & Scoops	Eggplant w/ Provolone Cheese, Roasted Red Peppers & Pesto Mayo on a Roll		
<b>Thursday</b> 6	Cinnamon-Glazed French Toast Sticks	Bacon Egg & Cheese on a Roll		
<b>Friday</b> 7	Pizzeria Pizza	3 Cheese Calzone		



**FOOD ALLERGIES**

Allergy Aware menus are available for students w/ 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).

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

All Snacks are in compliance w/ the State's Guidelines. Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com). Menu Subject to Change. Product substitutions may occur due to supply chain disruptions as a result of COVID-19



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

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Monday 10	Spicy Chicken on a Bun	Turkey Ham & Cheese Croissant Sandwich	<i>Deli Central</i>	Assorted Grab & Go Sandwiches
Tuesday 11	3-Bean Vegetarian Chili w/ Cheddar Cheese & Cornbread	Big Daddy Stuffed Pepperoni Sandwich		Assorted Specialty Pizzas <b>PIZZA ZONE</b>
Wednesday 12	Pasta w/ Meatballs & Garlic Toast	Meatball Hero	<b>AMERICAN GRILLE</b>	Chicken Patty on a Bun Cheeseburger or Burger on a Bun Mozzarella Sticks Bacon or Sausage Egg & Cheese on a Bagel
Thursday 13	Sweet & Sour Chicken w/ Vegetable Fried Rice	Pizza Crunchers w/ Marinara Sauce	<b>FRESH FARMISTAND</b>	Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i>
Friday 14	Pizzeria Pizza	Grilled Cheese		



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<b>Monday 17</b>	<b>Southern-Style Chicken Tenders</b> w/ a Split Top Dinner Roll	Stuffed Cheese Sticks w/ Marinara Sauce	<i>Deli Central</i>	Assorted Grab & Go Sandwiches
<b>Tuesday 18</b>	3-Cheese Cavatappi Pasta w/ a Split Top Dinner Roll	Chicken Parmesan on a Bun		Assorted Specialty Pizzas
<b>Wednesday 19</b>	100% Beef Bacon Cheeseburger on a Bun	Turkey Barge w/ Mozzarella Cheese on a Garlic Buttered Roll	<b>AMERICAN GRILLE</b>	Chicken Patty on a Bun Cheeseburger or Burger on a Bun Mozzarella Sticks Bacon or Sausage Egg & Cheese on a Bagel
<b>Thursday 20</b>	Mini Waffles w/ <b>Protein</b>	Sausage Egg & Cheese on a Roll	<b>FRESH FARMISTAND</b>	Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i>
<b>Friday 21</b>	Pizzeria Pizza	Big Daddy Stuffed Pepperoni Sandwich		



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<b>Monday 24</b>	Popcorn Chicken w/ a Split Top Dinner Roll	Eggplant Parmesan on a Roll	<i>Deli Central</i>	Assorted Grab & Go Sandwiches
<b>Tuesday 25</b>	<b>Celebrate National Soup Month!</b> Home made Grilled Cheese Sandwich w/ Tomato Soup	Grilled Chicken w/ Provolone Cheese, Roasted Red Peppers & Balsamic Dressing on a Roll		Assorted Specialty Pizzas
<b>Wednesday 26</b>	Swedish Meatballs w/ Noodles	Pizza Crunchers w/ Marinara Sauce	<b>AMERICAN GRILLE</b>	Chicken Patty on a Bun Cheeseburger or Burger on a Bun Mozzarella Sticks Bacon or Sausage Egg & Cheese on a Bagel
<b>Thursday 27</b>	General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	Grilled Cheese	<b>FRESH FARMISTAND</b>	Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i>
<b>Friday 28</b>	Pizzeria Pizza	Turkey Ham & Cheese Croissant Sandwich		

**PIZZA ZONE**



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<p><b>Monday 31</b></p>	<p>Boneless Chicken Wings w/ a Split Top Dinner Roll</p>	<p>3 Cheese Calzone</p>	<p><i>Deli Central</i> Assorted Grab &amp; Go Sandwiches</p>
			<p>Assorted Specialty Pizzas</p> <p><b>PIZZA ZONE</b></p>
			<p><b>AMERICAN GRILLE</b> Chicken Patty on a Bun Cheeseburger or Burger on a Bun Mozzarella Sticks Bacon or Sausage Egg &amp; Cheese on a Bagel</p>
			<p><b>FRESH FARMISTAND</b> Assorted Grab &amp; Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p>



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