



# FEBRUARY PARAMUS


2020

Memorial & Ridge Ranch  
Elementary Schools



POMPTONIAN  
FOOD SERVICE

AMERICAN  
HEART MONTH  
FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mini Pancakes w/ Scrambled Eggs & a Hash Brown Patty  Grilled Chicken over Penne Pesto (Nut Free) & Sliced Italian Bread	4 Macaroni & Cheese  Chicken & Waffles – Homemade Belgian Waffle Triangles & Chicken Tenders w/ Syrup	5 Meatballs w/ Marinara Dipping Sauce & Buttered Noodles  Chicken Tenderloins w/ a Wheat Dinner Roll	6 General Tso's Chicken w/ Broccoli over Rice  Chicken Parmesan Sandwich	7 Bow-Tie Pasta w/ Pesto (Nut Free) with Garlic Bread  Meatball Hero on a Roll
10 <i>All-Natural</i> All-Beef Hot Dog on a Bun  Cheeseburger or Hamburger on a Bun	11 Swedish Meatballs over Egg Noodles  Popcorn Chicken w/ a Whole Grain Roll	12 Egg & Cheese on a Croissant  Chicken Tenderloins w/ a Wheat Dinner Roll	13 Grilled Cheese Sandwich w/ Chicken Noodle Soup  Nachos Grande w/ Seasoned Beef, Cheese & Corn Chips	14 <b>School Closed- February Break</b>  <i>Happy Valentine's Day</i>
17 <b>School Closed- President's Day</b>  	18 <b>School Closed- February Break</b>	19 Chicken Tenderloins w/ a Wheat Dinner Roll  Mozzarella Sticks w/ Marinara Dipping Sauce & Cream of Tomato Soup	20 Mini Pancakes w/ Scrambled Eggs & a Hash Brown Patty  Teriyaki Chicken with Vegetable Fried Rice	21 Ruffled (Radiatori) Pasta with Alfredo Sauce & Garlic Bread  Bacon, Egg & Cheese Sandwich
24 Grilled Chicken over Penne Pesto (Nut Free) & Sliced Italian Bread  3-Cheese Calzone w/ Mozzarella, Parmesan & Romano Cheeses & a Marinara Dunk Cup	25 Mini Eggo Waffles w/ Scrambled Eggs & a Hash Brown Patty  Jersey Sliders – Mini Cheeseburgers on Slider Rolls	26 Chicken Tenderloins w/ a Wheat Dinner Roll  Meatballs w/ Marinara Dipping Sauce & Buttered Noodles	27 Popcorn Chicken w/ a Whole Grain Roll  Paris Café – Assorted Cheeses & Fresh Fruit w/ a Mini Croissant	28 Pasta w/ Meatballs & Garlic Bread  Grilled Chicken Bento Box with Pita Triangles, Grape Tomatoes & Fresh Fruit



### Available Daily: Assorted Fruit/Vegetable Options

Deli Sandwiches – Turkey, Ham & Cheese, or Italian Hero  
 Grilled Chicken Caesar Salad – Romaine Lettuce w/ Sliced Chicken, Caesar Dressing & Croutons  
 Chef's Salad – Tossed Greens w/ Turkey, Ham & Cheese w/ Whole Wheat Pita  
 Yogurt Lunch – 4 oz Yogurt, Cheese Stick, Pretzels & Fruit  
 Bagel Lunch – Bagel w/ or w/out Cream Cheese & a Cheese Stick  
 Smucker's Peanut Butter & Jelly Sandwich  
 Pasta w/ Marinara Dipping Sauce & Sliced Italian Bread  
 Cereal Bento Box – Cheerios, 1% Milk & Strawberry Yogurt

**Featured Item -  
Welch's Fruit  
Snacks**

### Available Drinks:

Bottled Water  
 Apple & Eve 100% Apple Juice  
 Fruitable Power Punch  
 Horizon 1% Organic Milk  
 (chocolate or white)

Go to <http://paramus.pomptonianmenus.com/orders>  
to place an order by credit card.

All lunches include  
a fruit & vegetable

**A Complete Meal includes:**  
Entrée w/ Protein/Grain  
& Fruits & Vegetables  
*Menu Subject to Change*

**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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