




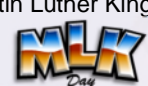


JANUARY PARAMUS

2020

Memorial & Ridge Ranch
Elementary Schools



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
|  Locally Grown Purple Potatoes |  Locally Grown Asian Pears |  | Grilled Cheese Sandwich w/ Chicken Noodle Soup Nachos Grande w/ Seasoned Beef, Cheese & Corn Chips | Pasta w/ Meatballs & Garlic Bread All-White Meat Chicken Bites w/ a Whole Wheat Dinner Roll |
| French Bread Pizza Sweet & Sour Chicken w/ Broccoli over Rice | Soft Shell Taco w/ Seasoned Beef & Cheese Chicken Parmesan Sandwich | Chicken Tenderloins w/ a Wheat Dinner Roll Strawberry Yogurt Parfait w/ Nut-Free Granola & Pretzel Twists | Mini Pancakes w/ Scrambled Eggs & a Hash Brown Patty Teriyaki Chicken with Vegetable Fried Rice | Ruffled (Radiatori) Pasta with Alfredo Sauce & Garlic Bread Bacon, Egg & Cheese Sandwich |
| Grilled Chicken over Penne Pesto (Nut Free) & Sliced Italian Bread 3-Cheese Calzone w/ Mozzarella, Parmesan & Romano Cheeses & a Marinara Dunk Cup | Mini Eggo Waffles w/ Scrambled Eggs & a Hash Brown Patty Jersey Sliders – Mini Cheeseburgers on Slider Rolls | Chicken Tenderloins w/ a Wheat Dinner Roll Meatballs w/ Marinara Dipping Sauce & Buttered Noodles | Popcorn Chicken w/ a Whole Grain Roll Paris Café – Assorted Cheeses & Fresh Fruit w/ a Mini Croissant | Pasta with Marinara Sauce, Meatballs & Garlic Bread Grilled Chicken Bento Box with Pita Triangles, Grape Tomatoes & Fresh Fruit |
| School Closed- Martin Luther King Day  | Pasta w/ Meatballs & Italian Bread Breakfast Bento Box – Blueberry Muffin, Strawberry Yogurt, Granola & a Cheese Stick | Grilled Cheese Sandwich w/ Chicken Noodle Soup Chicken Tenderloins w/ a Wheat Dinner Roll | <i>All-Natural</i> All-Beef Hot Dog on a Bun Cheeseburger or Hamburger on a Bun | Cheese Tortellini w/ Marinara Dipping Sauce & Garlic Bread Chicken & Waffles – Homemade Belgian Waffle Triangles & Chicken Tenders w/ Syrup |
| Sweet & Sour Chicken w/ Broccoli over Rice Pizza Bagel | Cheese Ravioli w/ Red Sauce & Soft Pretzel Nuggets Very Berry Smoothie w/ Mini Pretzel Twists | Nachos Grande w/ Seasoned Beef, Cheese & Corn Chips Chicken Tenderloins w/ a Wheat Dinner Roll | <i>All-Natural</i> Chicken Tenders w/ Assorted Sauces Mini Eggo Waffles w/ Scrambled Eggs & a Hash Brown Patty | Baked Ziti w/ Garlic Bread Falafel Sliders with Seasoned Rice |

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 Gogurt
- Organic Strawberry Smoothie w/ Organic Honey Graham Animal Crackers

Featured Item -
Cheez-it Crackers

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

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

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

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.

All lunches include a fruit & vegetable

