



# SEPTEMBER PARAMUS

2019

Memorial and Ridge Ranch  
Elementary Schools



POMPTONIAN  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>HAPPY LABOR DAY</b></p>	<p>3</p>	<p>4</p>	<p>5</p> <p>Mini Pancakes w/ Scrambled Eggs &amp; a Hash Brown Patty</p> <p><b>NEW!</b> Teriyaki Chicken w/ Vegetable Fried Rice</p>	<p>6</p> <p><b>NEW!</b> Ruffled (Radiator) Pasta w/ Alfredo Sauce &amp; Garlic Bread</p> <p>Bacon, Egg &amp; Cheese Sandwich</p>
<p>9</p> <p><b>NEW!</b> Grilled Chicken over Penne Pesto &amp; Sliced Italian Bread</p> <p>3-Cheese Calzone w/ Mozzarella, Parmesan &amp; Romano Cheeses &amp; a Marinara Dunk Cup</p>	<p>10</p> <p>Mini Eggo Waffles w/ Scrambled Eggs &amp; a Hash Brown Patty</p> <p>Jersey Sliders – Mini Cheeseburgers on Slider Rolls</p>	<p>11</p> <p>Chicken Tenderloins w/ a Wheat Dinner Roll</p> <p>Meatballs w/ Marinara Dipping Sauce &amp; Buttered Noodles</p>	<p>12</p> <p>Popcorn Chicken w/ a Whole Grain Roll</p> <p>Paris Café – Assorted Cheeses &amp; Fresh Fruit w/ a Mini Croissant</p>	<p>13</p> <p><b>NEW!</b> Wagon Wheel Pasta w/ Marinara Sauce, Meatballs &amp; Garlic Bread</p> <p><b>NEW!</b> Grilled Chicken Bento Box w/ Pita Triangles, Grape Tomatoes &amp; Fresh Fruit</p>
<p>16</p> <p>Personal Pizza</p> <p>French Toast Sticks w/ Scrambled Eggs &amp; a Hash Brown Patty</p>	<p>17</p> <p><b>No Lunch Service Memorial – Early Dismissal</b></p> <p>Pasta w/ Meatballs &amp; Italian Bread</p> <p>Breakfast Bento Box – Blueberry Muffin, Strawberry Yogurt, Granola &amp; a Cheese Stick</p>	<p>18</p> <p><b>NEW!</b> Grilled Cheese Sandwich w/ Chicken Noodle Soup</p> <p>Chicken Tenderloins w/ a Wheat Dinner Roll</p>	<p>19</p> <p><b>No Lunch Service Ridge Ranch – Early Dismissal</b></p> <p><i>All-Natural</i> All-Beef Hot Dog on a Bun</p> <p>Cheeseburger or Hamburger on a Bun</p>	<p>20</p> <p>Cheese Tortellini w/ Marinara Dipping Sauce &amp; Garlic Bread</p> <p><b>NEW!</b> Chicken &amp; Waffles – Homemade Belgian Waffle Triangles &amp; Chicken Tenderloins w/ Syrup</p>
<p>23</p> <p>Sweet &amp; Sour Chicken w/ Broccoli over Rice</p> <p>Pizza Bagel</p>	<p>24</p> <p><b>NEW!</b> You're A Rock Star – Rock n' Roll Cheese Ravioli w/ Rock Out Red Sauce &amp; a Star-Shaped Soft Pretzel</p> <p>Very Berry Smoothie w/ Mini Pretzel Twists</p>	<p>25</p> <p>Nachos Grande w/ Seasoned Beef, Cheese &amp; Corn Chips</p> <p>Chicken Tenderloins w/ a Wheat Dinner Roll</p>	<p>26</p> <p><i>All-Natural</i> Chicken Tenders w/ Assorted Sauces</p> <p>Mini Eggo Waffles w/ Scrambled Eggs &amp; a Hash Brown Patty</p>	<p>27</p> <p>Baked Ziti w/ Garlic Bread</p> <p><b>NEW!</b> Falafel Sliders w/ Seasoned Rice</p>
<p>30</p> <p>Rosh Hashanah – No School</p>		<p><b>Locally Grown Veggie of the Month</b></p>	<p><b>Jersey Fresh Farm to School Week</b></p> <p><b>Locally Grown Fruit of the Month</b></p>	

**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

**All lunches include a fruit & vegetable**

**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.



**Products Featured**

**A Complete Meal includes:**

- Entrée w/ Protein/Grain & Fruits & Vegetables
- Menu Subject to Change*