



MARCH 2020

Locally Grown Sweet Potatoes

PARAMUS

Memorial & Ridge Ranch Elementary Schools



POMPTONIAN FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dr. Seuss Day 2 Personal Pizza Green Eggs & Ham on a Bagel with Cheese	3 Pasta w/ Meatballs & Garlic Bread All-White Meat Chicken Bites w/ a Whole Wheat Dinner Roll	4 Grilled Cheese Sandwich w/ Chicken Noodle Soup Chicken Tenderloins w/ a Wheat Dinner Roll	5 <i>All-Natural</i> All-Beef Hot Dog on a Bun Breakfast Bento Box – Blueberry Muffin, Strawberry Yogurt, Granola & a Cheese Stick	6 Cheese Tortellini w/ Marinara Dipping Sauce & Garlic Bread Chicken & Waffles – Homemade Belgian Waffle Triangles & Chicken Tenders w/ Syrup
National School Breakfast Week - School Breakfast: Out of this World				
9 Sweet & Sour Chicken w/ Broccoli over Rice Pizza Bagel	10 Cheese Ravioli w/ Red Sauce & Pretzel Nuggets Very Berry Smoothie w/ Mini Pretzel Twists	11 Nachos Grande w/ Seasoned Beef, Cheese & Corn Chips Chicken Tenderloins w/ a Wheat Dinner Roll	12 <i>All-Natural</i> Chicken Tenders w/ Assorted Sauces Mini Eggo Waffles w/ Scrambled Eggs & a Hash Brown Patty	13 Baked Ziti w/ Garlic Bread Chicken Tenderloins w/ a Wheat Dinner Roll
16 Mini Pancakes w/ Scrambled Eggs & a Hash Brown Patty Grilled Chicken over Penne Pesto (Nut Free) & Sliced Italian Bread	ST. PATRICK'S DAY 17 Macaroni & Cheese Chicken & Waffles – Homemade Belgian Waffle Triangles & Chicken Tenders w/ Syrup	18 Meatballs w/ Marinara Dipping Sauce & Buttered Noodles Chicken Tenderloins w/ a Wheat Dinner Roll	19 General Tso's Chicken w/ Broccoli over Rice Chicken Parmesan Sandwich	20 Bow-Tie Pasta w/ Nut Free Pesto & Garlic Bread Meatball Hero on a Roll <i>SPRING BEGINS</i>
23 <i>All-Natural</i> All-Beef Hot Dog on a Bun Cheeseburger or Hamburger on a Bun	National Ag Day 24 Swedish Meatballs over Egg Noodles Popcorn Chicken w/ a Whole Grain Roll	25 Egg & Cheese on a Croissant Chicken Tenderloins w/ a Wheat Dinner Roll	26 Grilled Cheese Sandwich w/ Chicken Noodle Soup Nachos Grande w/ Seasoned Beef, Cheese & Corn Chips	27 Pasta w/ Meatballs & Garlic Bread All-White Meat Chicken Bites w/ a Whole Wheat Dinner Roll
30 French Bread Pizza Sweet & Sour Chicken w/ Broccoli over Rice	31 Strawberry Yogurt Parfait w/ Nut-Free Granola & Pretzel Twists Chicken Parmesan Sandwich	 Locally Grown Blueberries		

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

Featured Item -

Cinnamon Rolls

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/orders> to place an order by credit card.

All lunches include a fruit & vegetable



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.



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