DECEMBER 2019 PARAMUS

Memorial and Ridge Ranch Schools

POMPTONIAN FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Grilled Chicken over Penne Pesto & Sliced Italian Bread 3-Cheese Calzone w/ Mozzarella, Parmesan & Romano Cheeses & a Marinara Dunk Cup	3 Mini Eggo Waffles w/ Scrambled Eggs & a Hash Brown Patty Jersey Sliders – Mini Cheeseburgers on Slider Rolls	4 Chicken Tenderloins w/ a Wheat Dinner Roll Meatballs w/ Marinara Dipping Sauce & Buttered Noodles	5 Popcorn Chicken w/ a Whole Grain Roll Paris Café – Assorted Cheeses & Fresh Fruit w/ a Mini Croissant	6 Pasta w/ Meatballs & Garlic Bread Grilled Chicken Bento Box with Pita Triangles, Grape Tomatoes & Fresh Fruit
9 Personal Pizza French Toast Sticks w/ Scrambled Eggs & a Hash Brown Patty	10 Pasta w/ Meatballs & Garlic Bread Breakfast Bento Box – Blueberry Muffin, Strawberry Yogurt, Granola & a Cheese Stick	11 Grilled Cheese Sandwich w/ Chicken Noodle Soup Chicken Tenderloins w/ a Wheat Dinner Roll	12 HOLIDAY LUNCHEON Roast Beef & Gravy Sandwich with Mashed Potatoes, Apple Crisp *All-Natural* All-Beef Hot Dog on a Bun **Holiday Cookie w/ Every Lunch**	13 Cheese Tortellini w/ Marinara Dipping Sauce & Garlic Bread Chicken & Waffles – Homemade Belgian Waffle Triangles & Chicken Tenders w/ Syrup
16 Sweet & Sour Chicken w/ Broccoli over Rice Pizza Bagel	17 Cheese Ravioli w/ Red Sauce & Pretzel Nuggets Very Berry Smoothie w/ Mini Pretzel Twists	18 Nachos Grande w/ Seasoned Beef, Cheese & Corn Chips Chicken Tenderloins w/ a Wheat Dinner Roll	19 *All-Natural* Chicken Tenders w/ Assorted Sauces Mini Eggo Waffles w/ Scrambled Eggs & a Hash Brown Patty	20 Baked Ziti w/ Garlic Bread Chicken Tenderloins w/ a Wheat Dinner Roll First Day of Winter 12/21
23 	24 WINTER BREAK	25 happy holidays	26	27 All lunches include a fruit & vegetable
30	31		 Locally Grown McIntosh Apples	

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

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

Locally Grown Butternut Squash

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.

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

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