



OCTOBER PARAMUS

2019

Memorial and Ridge Ranch
Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Rosh Hashanah – No School</p> 	<p>2 Meatballs w/ Marinara Dipping Sauce & Buttered Noodles</p> <p>Chicken Tenderloins w/ a Wheat Dinner Roll</p>	<p>3 General Tso's Chicken w/ Broccoli over Rice</p> <p>Mediterranean Sampler – Hummus, Hard-Boiled Egg, Whole Wheat Pita & Assorted Vegetables</p>	<p>4 NEW! Bow-Tie Pasta w/ Pesto & Garlic Bread</p> <p>Meatball Hero on a Roll</p>
<p>7 <i>All-Natural</i> All-Beef Hot Dog on a Bun</p> <p>Cheeseburger or Hamburger on a Bun</p>	<p>8 Swedish Meatballs over Egg Noodles</p> <p>Popcorn Chicken w/ a Whole Grain Roll</p>	<p>9 Yom Kippur – No School</p>	<p>10 Grilled Cheese Sandwich w/ Chicken Noodle Soup</p> <p>Nachos Grande w/ Seasoned Beef, Cheese & Corn Chips</p>	<p>11 Pasta w/ Meatballs & Garlic Bread</p> <p>All-White Meat Chicken Bites w/ a Whole Wheat Dinner Roll</p>
<p>14 French Bread Pizza</p> <p>Sweet & Sour Chicken w/ Broccoli over Rice</p> <p>National School Lunch Week</p>	<p>15 Soft Shell Taco w/ Seasoned Beef & Cheese</p> <p>Chicken Parm. Sandwich</p>	<p>16 Chicken Tenderloins w/ a Wheat Dinner Roll</p> <p>Strawberry Yogurt Parfait w/ Homemade Nut-Free Granola & Pretzel Twists</p>	<p>17 Mini Pancakes w/ Scrambled Eggs & a Hash Brown Patty</p> <p>Teriyaki Chicken w/ Vegetable Fried Rice</p>	<p>18 Ruffled (Radiatori) Pasta w/ Alfredo Sauce & Garlic Bread</p> <p>Bacon, Egg & Cheese Sandwich</p>
<p>21 Grilled Chicken over Penne Pesto & Sliced Italian Bread</p> <p>3-Cheese Calzone w/ Mozzarella, Parmesan & Romano Cheeses & a Marinara Dunk Cup</p>	<p>22 Mini Eggo Waffles w/ Scrambled Eggs & a Hash Brown Patty</p> <p>Jersey Sliders – Mini Cheeseburgers on Slider Rolls</p>	<p>23 Chicken Tenderloins w/ a Wheat Dinner Roll</p> <p>Meatballs w/ Marinara Dipping Sauce & Buttered Noodles</p>	<p>24 Popcorn Chicken w/ a Whole Grain Roll</p> <p>Paris Café – Assorted Cheeses & Fresh Fruit w/ a Mini Croissant</p>	<p>25 Wagon Wheel Pasta w/ Marinara Sauce, Meatballs & Garlic Bread</p> <p>Grilled Chicken Bento Box with Pita Triangles, Grape Tomatoes & Fresh Fruit</p>
<p>28 Personal Pizza</p> <p>French Toast Sticks w/ Scrambled Eggs & a Hash Brown Patty</p>	<p>29 Pasta w/ Meatballs & Italian Bread</p> <p>Breakfast Bento Box – Blueberry Muffin, Strawberry Yogurt, Granola & a Cheese Stick</p>	<p>30 Grilled Cheese Sandwich w/ Chicken Noodle Soup</p> <p>Chicken Tenderloins w/ a Wheat Dinner Roll</p>	<p>31 HALLOWEEN <i>All-Natural</i> All-Beef Hot Dog on a Bun</p> <p>Cheeseburger or Hamburger on a Bun</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 with Marinara Dipping Sauce & Sliced Italian Bread
- Cereal Bento Box – Cheerios, 1% Milk & Strawberry Yogurt
- Organic Strawberry Smoothie w/ Organic Honey Graham Animal Crackers

Available Drinks:

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



All lunches include a fruit & vegetable

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.

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



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