



# NOVEMBER PARAMUS

2019

Memorial and Ridge Ranch  
Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese Tortellini w/ Marinara Dipping Sauce & Garlic Bread  Chicken & Waffles – Homemade Belgian Waffle Triangles & Chicken Tenders w/ Syrup
4 Sweet & Sour Chicken w/ Broccoli over Rice  Pizza Bagel	5 <b>Election Day- NO SCHOOL</b> 	6 Nachos Grande w/ Seasoned Beef, Cheese & Corn Chips  Chicken Tenderloins w/ a Wheat Dinner Roll	<div style="border: 2px solid yellow; padding: 10px; background-color: yellow;"> <b>NJEA Convention No School</b> </div>	
11 Mini Pancakes w/ Scrambled Eggs & a Hash Brown Patty  Cheese Quesadilla served w/ Yellow Rice & Black Beans	12 Macaroni & Cheese  Chicken Parmesan Sandwich	13 Meatballs w/ Marinara Dipping Sauce & Buttered Noodles  Chicken Tenderloins w/ a Wheat Dinner Roll	14 General Tso's Chicken w/ Broccoli over Rice  Mediterranean Sampler – Hummus, Hard-Boiled Egg, Whole Wheat Pita & Assorted Vegetables	15 Bow-Tie Pasta w/ Pesto & Garlic Bread  Meatball Hero on a Roll
18 <b>All-Natural</b> All-Beef Hot Dog on a Bun  Cheeseburger or Hamburger on a Bun	19 <b>Pre-Thanksgiving Lunch</b> Hot Roasted Turkey with Mashed Potatoes, Gravy, Corn & Cranberry Sauce  Swedish Meatballs over Egg Noodles	20 Egg & Cheese on a Croissant  Chicken Tenderloins w/ a Wheat Dinner Roll	21 Grilled Cheese Sandwich w/ Chicken Noodle Soup  Nachos Grande w/ Seasoned Beef, Cheese & Corn Chips	22 Pasta w/ Meatballs & Garlic Bread  All-White Meat Chicken Bites w/ a Whole Wheat Dinner Roll
25 French Bread Pizza  Sweet & Sour Chicken w/ Broccoli over Rice	26 Soft Shell Taco w/ Seasoned Beef & Cheese  Chicken Parmesan Sandwich	27 <b>Minimum Day- No Lunch Service</b>	28 <div style="font-size: 2em; color: orange;">             Happy Thanksgiving           </div> 	

**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/ 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

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

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)

**A Complete Meal includes:**

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

**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](http://www.pomptonian.com).



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