






METUCHEN HIGH & MIDDLE SCHOOL – NOVEMBER 2021



Free meals for all students



AVAILABLE DAILY

Monday 1	Popcorn Chicken w/ a Split Top Dinner Roll	Bar-B-Que Rib Sandwich On a Hoagie Roll	  Assorted Specialty Pizzas    Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i>	Thumann's Deli Bar Assorted Grab & Go Sandwiches
Tuesday 2	ELECTION DAY No Lunch Service	Teacher's In-Service		All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns
Wednesday 3	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops	"Philly" Cheesesteak Hero with Peppers & Onions		Pasta w/ Meatballs & Marinara Sauce
Thursday 4	NJEA Convention No School			Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i>
Friday 5				



Allergy Aware menus are available for students w/ food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & a Choice of Milk.

Also available daily: Assorted cold beverages, soups, vegetables & fresh & chilled fruit bowl. All Snacks are in compliance w/ the State's Guidelines. Your comments are important to us. Please e-mail us at comments@pomptonian.com. Menu Subject to Change



At least 50% of All Grains served w/ your meal are Whole Grain Rich

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Monday 8	Boneless Chicken Wings w/ a Split Top Dinner Roll	Pizza Quesadilla	   	Thumann's Deli Bar Assorted Grab & Go Sandwiches Assorted Specialty Pizzas All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Pasta w/ Meatballs & Marinara Sauce Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i>	 
Tuesday 9	Beacon Street Cheese Sticks with Dipping Sauce	Grilled Cheese Sandwich			
Wednesday 10	Nachos Grande w/Bee, Cheese & Nacho Chips	Pizza Crunchers			
Thursday 11	3-Cheese Cavatappi Pasta w/ a Split Top Dinner Roll	Grilled Chicken Filet on a Bun			
Friday 12	Pizzeria Pizza	Cheese & Pepperoni Stuffed Sandwich			



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Monday 15	All-Beef Hot Dog on a Bun	Cheese & Pepperoni Stuffed Sandwich	Deli Central	Thumann's Deli Bar Assorted Grab & Go Sandwiches	PIZZA ZONE
Tuesday 16	Pasta w/ Meat Sauce & a Split Top Dinner Roll Edgar P/T Conf. No Lunch Service	Grilled Cheese Sandwich Edgar P/T Conf. No Lunch Service		Thumann's Assorted Specialty Pizzas	
Wednesday 17	Sweet & Sour Chicken Bowl Edgar P/T Conf. No Lunch Service	Bar-B-Que Rib Sandwich Edgar P/T Conf. No Lunch Service	AMERICAN GRILLE	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns	Daily Dish
Thursday 18	Thanksgiving Lunch Turkey w/ Gravy, Mashed Potatoes & a Turkey-Shaped Pretzel Edgar P/T Conf. No Lunch Service	Pizza Quesadilla Edgar P/T Conf. No Lunch Service		FRESH FARMSTAND Pasta w/ Meatballs & Marinara Sauce Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	
Friday 19	Pizzeria Pizza	Chicken Sliders on a Bun			



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Daily Dish



AVAILABLE DAILY

Monday 22	Chicken Nuggets w/ a Split Top Dinner Roll	Pizza Crunchers	Deli Central	Thumann's Deli Bar Assorted Grab & Go Sandwiches	PIZZA ZONE
Tuesday 23	Pizzeria Pizza	Grilled Chicken Filet on a Bun		Thumann's Assorted Specialty Pizzas	
Wednesday 24	No Lunch Service	No Lunch Service	AMERICAN GRILLE	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns	Daily Dish
Thursday 25			FRESH FARMISTAND	Pasta w/ Meatballs & Marinara Sauce Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	
Friday 26					



FOOD ALLERGIES

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AVAILABLE DAILY

<p>Monday 29</p>	<p>Breaded Chicken on a Bun</p>	<p>Macaroni & Cheese with a Dinner Roll</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; justify-content: space-between; width: 100%;"> <div style="text-align: center;"> <p><i>Deli Central</i></p> </div> <div style="text-align: center;"> <p>Thumann's Deli Bar Assorted Grab & Go Sandwiches</p>  <p>Assorted Specialty Pizzas</p> </div> <div style="text-align: center;"> <p>PIZZA ZONE</p> </div> </div> <div style="display: flex; justify-content: space-between; width: 100%; margin-top: 20px;"> <div style="text-align: center;"> <p>AMERICAN GRILLE</p> </div> <div style="text-align: center;"> <p>All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns</p> </div> <div style="text-align: center;"> <p><i>Daily Dish</i></p> </div> </div> <div style="display: flex; justify-content: space-between; width: 100%; margin-top: 20px;"> <div style="text-align: center;"> <p>FRESH FARMISTAND</p> </div> <div style="text-align: center;"> <p>Pasta w/ Meatballs & Marinara Sauce</p> </div> </div> <div style="display: flex; justify-content: space-between; width: 100%; margin-top: 20px;"> <div style="text-align: center;"> <p>FRESH FARMISTAND</p> </div> <div style="text-align: center;"> <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> </div> </div> </div>
<p>Tuesday 30</p>	<p>3-Bean Vegetarian Chili w/ Corn Bread</p>	<p>"Philly" Cheesesteak Wrap</p>	



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