

METUCHEN HIGH & MIDDLE SCHOOL DECEMBER 2021



All students receive
one free meal per day



Daily Dish



AVAILABLE DAILY

			<i>Deli Central</i>	Thumann's Deli Bar Assorted Grab & Go Sandwiches	
				<i>Thumann's</i>	
				Assorted Specialty Pizzas	PIZZA ZONE
Wednesday 1	Pasta w/ Meat Sauce & a Split Top Dinner Roll	Grilled Cheese Sandwich	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	
Thursday 2	3 Bean Vegetarian Chile w/Corn Bread	Meatballs Hero Sandwich		Pasta w/ Meatballs & Marinara Sauce	<i>Daily Dish</i>
Friday 3	Pizzeria Pizza	Grilled Chicken Sandwich	FRESH FARMISTAND	Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i>	



FOOD ALLERGIES

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.

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. Product substitutions may occur due to supply chain disruptions as a result of COVID-19



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

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AMERICAN GRILLE

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Monday 6	Southern-Style Chicken Tenders w/ a Split Top Dinner	Bar-B-Que Rib Sandwich	 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 Assorted salad selections are offered w/ a Roll	 
Tuesday 7	3-Cheese Cavatappi Pasta w/ a Split Top Dinner Roll	Chicken Nuggets w/Split Top Dinner Roll		
Wednesday 8	Cheeseburger on a Bun	Mozzarella Sticks w/Dipping Sauce		
Thursday 9	3 Bean Vegetarian Chili w/Corn Bread	Meatball Hero		
Friday 10	Pizzeria Pizza	Grilled Chicken Sandwich		



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Monday 13	Popcorn Chicken w/ a Split Top Dinner Roll or	Pepperoni Stuffed Sandwich	 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 Assorted salad selections are offered w/ a Roll
Tuesday 14	Mozzarella Sticks w/ Marinara Sauce	Breakfast for Lunch	
Wednesday 15	Pizzaboli	Pizza Crunchers	
Thursday 16	Holiday Luncheon Turkey w/Gravy, Mashed Potatoes & Vegetable	Bar-B-Que Rib Sandwich	
Friday 17	Pizzeria Pizza	Grilled Chicken Sandwich	



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Monday 20	Boneless Chicken Wings w/ "Our Secret" Mac & Cheese	3 Cheese Cavatappi Pasta w/a Split Top Dinner Roll	 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 Assorted salad selections are offered w/ a Roll 
Tuesday 21	All Beef Hot Dog w/French Fries	Meatball Hero	
Wednesday 22	Pizzeria Pizza	Grilled Chicken Sandwich	
Thursday 23	No Lunch Service		
Friday 24	No Lunch Service		



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Monday 27			<i>Deli Central</i>	Thumann's Deli Bar Assorted Grab & Go Sandwiches	
Tuesday 28	 WINTER BREAK			Assorted Specialty Pizzas	PIZZA ZONE
Wednesday 29			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	
Thursday 30			FRESH FARMISTAND	Pasta w/ Meatballs & Marinara Sauce Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i>	<i>Daily Dish</i>
Friday 31					



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