

# SOUTHERN REGIONAL HIGH SCHOOL – SEPTEMBER 2019



Daily Dish



PASTA STATION



Panini Place

AVAILABLE DAILY

Monday 2		<b>HAPPY LABOR DAY</b>		<i>Deli Central</i> <b>Made-to-Order Deli Bar</b> ◆ Chicken Tenders in a 6" Hero Assorted Grab & Go Sandwiches
Tuesday 3	TEACHER ORIENTATION			<b>PIZZA ZONE</b> Assorted Specialty Pizzas; including Pepperoni, Sausage, Peppers & Onions, Buffalo Chicken & More!
Wednesday 4	EARLY DISMISSAL NO LUNCH SERVED			<b>AMERICAN GRILLE</b> ◆ Chicken Tenders with Fries & a Roll ◆ Crispy Chicken Fillet on a Kaiser Roll ◆ Spicy Chicken Fillet on a Kaiser Roll Burgers on Buns
Thursday 5	EARLY DISMISSAL NO LUNCH SERVED			<b>FRESH FARMSTAND</b> ◆ Assorted Bento Boxes ◆ Fresh Fruit & Yogurt Parfaits with Granola ◆ Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>
Friday 6	Double Play – Baked Mozzarella Sticks & Chicken Tenders with Dipping Sauces	Homemade Baked Ziti	◆ Roast Beef Panini with Sliced Roast Beef, Mozzarella Cheese & Garlic Mayonnaise	



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



**Featured Favorite Selections**

Look for the **NJ** logo which shows items on the menu featuring locally grown items.

Fruits & vegetables from The Farm Stand are included with lunch. **A complete meal includes:** Entrée with 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 with the State's Guidelines. Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com). Menu Subject to Change

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FOOD ALLERGIES



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<b>Monday 9</b>	Grilled Chicken Bruschetta Sandwich with Fresh Tomato, Provolone Cheese & Balsamic Vinaigrette on a Roll <b>NJ</b>	Sausage, Peppers & Onions with Spaghetti	◆ The Dagwood Panini - Turkey, Roast Beef, Ham & Monterey Jack Cheese with Coleslaw pressed on your choice of Bread	<p><b>Deli Central</b></p> <p><b>PIZZA ZONE</b></p> <p><b>AMERICAN GRILLE</b></p> <p><b>FRESH FARMSTAND</b></p>	<p><b>Made-to-Order Deli Bar</b></p> <p>◆ Chicken Tenders in a 6" Hero Assorted Grab &amp; Go Sandwiches</p> <p>Assorted Specialty Pizzas; including Pepperoni, Sausage, Peppers &amp; Onions, Buffalo Chicken &amp; More!</p> <p>◆ Chicken Tenders with Fries &amp; a Roll</p> <p>◆ Crispy Chicken Fillet on a Kaiser Roll</p> <p>◆ Spicy Chicken Fillet on a Kaiser Roll Burgers on Buns</p> <p>◆ Assorted Bento Boxes</p> <p>◆ Fresh Fruit &amp; Yogurt Parfaits with Granola</p> <p>◆ Assorted Grab &amp; Go Salad Specials <i>Assorted salad selections are offered with a Roll</i></p>
<b>Tuesday 10</b>	Turkey Dinner with Stuffing, Gravy & Sweet Potatoes	Lasagna with Garlic Knots	◆ Roasted Vegetable Panini with Provolone Cheese, Roasted Peppers & Balsamic Vinaigrette		
<b>Wednesday 11</b>	Wild Wing Wednesday – Assorted Chicken Wings & Sauces with a Roll	Rotini Pasta with Sausage & Broccoli	◆ Breaded Chicken Panini with a Breaded Chicken Fillet, Provolone Cheese & Honey Mustard Dressing		
<b>Thursday 12</b>	Baked Chicken with Broccoli & Brown Rice	Baked Ravioli with Steamed Vegetables	◆ Eggplant Caprese Panini with Breaded Eggplant, Provolone Cheese, Roasted Peppers & Balsamic Vinaigrette		
<b>Friday 13</b>	French Toast with Turkey Sausage & Applesauce	Choice of Meatball & Mozzarella Cheese Stromboli with Marinara Sauce or Chicken & Cheddar Cheese Stromboli	◆ Turkey BLT Panini with Turkey, Turkey Bacon, Tomato & American Cheese		



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<b>Monday 16</b>	Chicken Lo Mein with Vegetables	Chicken Parmesan with Fusilli Pasta & Broccoli	◆ Bruschetta Panini with Grilled Chicken, Tomatoes, Red Onion & Provolone Cheese	<p><b>Deli Central</b></p> <p><b>PIZZA ZONE</b></p> <p><b>AMERICAN GRILLE</b></p> <p><b>FRESH FARMISTAND</b></p>	<p><b>Made-to-Order Deli Bar</b></p> <p>◆ Chicken Tenders in a 6" Hero Assorted Grab &amp; Go Sandwiches</p> <p>Assorted Specialty Pizzas; including Pepperoni, Sausage, Peppers &amp; Onions, Buffalo Chicken &amp; More!</p> <p>◆ Chicken Tenders with Fries &amp; a Roll</p> <p>◆ Crispy Chicken Fillet on a Kaiser Roll</p> <p>◆ Spicy Chicken Fillet on a Kaiser Roll Burgers on Buns</p> <p>◆ Assorted Bento Boxes</p> <p>◆ Fresh Fruit &amp; Yogurt Parfaits with Granola</p> <p>◆ Assorted Grab &amp; Go Salad Specials <i>Assorted salad selections are offered with a Roll</i></p>
<b>Tuesday 17</b>	Chicken & Cheddar Cheese Quesadilla	Baked Cheese Calzone with Marinara Dipping Sauce	◆ Breaded Chicken Fillet & Turkey Bacon Panini with Ranch Dressing		
<b>Wednesday 18</b>	<b>SUSHI DAY AT THE 9/10 CAFÉ</b> Burger Bar – Hamburger on a Bun with your choice of Cheese, Lettuce, Tomato, Red Onion, Pickles, Ketchup & Mustard	Chicken & Penne with Peas in Pink Sauce	◆ Chicken Ranch Panini with a Breaded Chicken Fillet, American Cheese & Ranch Dressing		
<b>Thursday 19</b>	<b>SUSHI DAY AT THE 11/12 CAFÉ</b> Lemon Chicken with Roasted Vegetables, Potatoes & a Roll	Pasta with Meatballs or Meatball Parmesan Hero	◆ Sloppy Joe Panini - Sliced Turkey, Roast Beef & Swiss Cheese topped with Coleslaw & Russian Dressing		
<b>Friday 20</b>	Beef Chili garnished with Shredded Cheddar Cheese with a Roll	Stuffed Shells with Tomato Basil Sauce & a Dinner Roll	◆ Chicken Club Panini with Breaded Chicken Fillet, Provolone Cheese, Bacon, Tomato & Garlic Mayonnaise		



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<b>Monday 23</b>	Beef Sliders on Buns with Curly Fries	Chicken Parmesan over Rotini Pasta	◆ Buffalo Chicken Panini with a Spicy Chicken Fillet, Pepper Jack Cheese & Ranch Dressing	<p><b>Deli Central</b></p> <p><b>MADE-TO-ORDER DELI BAR</b></p> <p>◆ Chicken Tenders in a 6" Hero Assorted Grab &amp; Go Sandwiches</p> <p><b>PIZZA ZONE</b></p> <p>Assorted Specialty Pizzas; including Pepperoni, Sausage, Peppers &amp; Onions, Buffalo Chicken &amp; More!</p> <p><b>AMERICAN GRILLE</b></p> <p>◆ Chicken Tenders with Fries &amp; a Roll ◆ Crispy Chicken Fillet on a Kaiser Roll ◆ Spicy Chicken Fillet on a Kaiser Roll Burgers on Buns</p> <p><b>FRESH FARMSTAND</b></p> <p>◆ Assorted Bento Boxes ◆ Fresh Fruit &amp; Yogurt Parfaits with Granola ◆ Assorted Grab &amp; Go Salad Specials <i>Assorted salad selections are offered with a Roll</i></p>
<b>Tuesday 24</b>	Nachos Grande with Turkey Taco Meat, Brown Rice & Scoops Chips	Choice of Meatball & Mozzarella Cheese Stromboli with Marinara Sauce or Chicken & Cheddar Cheese Stromboli	◆ Chicken Capri Panini with Marinated Grilled Chicken Fillet, Roasted Peppers, Mozzarella Cheese & Balsamic Dressing	
<b>Wednesday 25</b>	"Jersey Shore" Cheesesteak Hero with Onions & Peppers	Chicken & Broccoli Penne with Garlic Sauce <b>NJ</b>	◆ Chicken Caesar Panini with Grilled Chicken, Provolone Cheese & Caesar Dressing	
<b>Thursday 26</b>	Asian Cuisine Day - General Tso's Chicken or Teriyaki Chicken served with Veggie Rice or Vegetable Lo Mein, an Egg Roll & a Fortune Cookie	Eggplant Parmesan with Seasonal Vegetables	◆ Meatball Parmesan Panini with Marinara Sauce & Mozzarella Cheese	
<b>Friday 27</b>	Fajita Melt – Sub Roll with Fajita Chicken, Onion, Pepper, Salsa & Pepper Jack Cheese <b>NJ</b>	Baked Buffalo Macaroni & Cheese with a Dinner Roll	◆ Breakfast Panini with Eggs, Ham & Cheddar Cheese	



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