

## SEPTEMBER MENDHAM TOWNSHIP MIDDLE SCHOOL

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Welcom	e! *	of F. X	Of of Locally Grown Grapes	Locally Grown Corn on the Cob
HAPPY 4	First Day of School 5 Chicken Nuggets with Cheesy Mashed Potatoes OR Plant Base Chicken Nuggets with Cheesy Mashed Potatoes	6 Boneless BBQ Rib on a Bun OR Vanilla Yogurt Parfait with Fresh Strawberries	* Breaded Chicken Fillet on a Bun OR Grilled Vegetable Wrap	8 Dante's Pizza Cucumber Slices with Dip
Mandrin Orange Chicken Bits over Veggie Fried Rice OR Pancake Pouch with Syrup and Yogurt	Bacon Cheese Burger with Lettuce and Tomato on the side with Choice of Special Sauce OR Pasta w/ Marinara	Baked Macaroni & Cheese w/ a Dinner Roll OR Frank's Hot Chicken Bits over Mac and Cheese	French Toast Sticks w/ Syrup with Yogurt Cup OR Chicken Caser Salad with Breaded Chicken Bits and Fresh Parm Cheese	Dante's Pizza Garden Tossed Salad with Cherry Tomatoes
Cheese Ravioli with Garlic Bread OR Vanilla Yogurt Parfait with Fresh Strawberries and Blueberries	*Popcorn Chicken Bowl w/ Mashed Potatoes & Corn, Cheese and Biscuit OR Pizza Bar Assorted Pizza with Toppings	Chicken Nuggets with Cheesy Potatoes and Mixed Vegetables OR Bento Box with Fresh Strawberries and Yogurt	Pancakes Pouch w/ Yogurt Cup and Syrup OR Cheese Steak Hero with Tater Tots	Dante's Pizza Health Salad with Cucumbers and Cherry Tomatoes in Light Dressing
Yom Kippur School Closed  Proud to feature products when available products when a product when available products when available products when a product when available products when available produ	26 Soft Stuffed Tacos with Corn and Salsa and Sour Cream on the side OR Pasta with Choice of Sauce, Marinara, Meat or Butter with Garlic Bread	Breakfast Sampler Pancake, French Toast Wedges with Hot Apple Compote and Whip Cream OR Cheese Burger Sliders with Tater Tots	Chicken Patty Cordon Bleu Sandwich OR Spicy Chicken on a Roll	Dante's Pizza Caeser Salad Local Grapes

## **Also Available Daily**

Assorted Salad Platters Garden, Chicken Ceasar, Cobb, Strawberry Field, Chef, Assorted Boar's Head Sandwiches Italian Hero, Turkey, Ham

**Chicken Selection (Patty or Nuggets)** 

**Grilled Cheese** 

**Burgers** 



A Complete Lunch Includes:

Entrée (with Protein/Grain)

Fresh Seasonal Fruits & Vegetables from The Farm Stand

Choice of Hormone-Free Milk, or Water

Menu Subject to Change

Your comments are important to us. Please e-mail us at comments@pomptonian.com

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.

