



# JANUARY MENDHAM TOWNSHIP

## 2019 Middle School

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**Local Granny Smith Apples**



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| 1  | 2  | 3  | 4 |
| <ul style="list-style-type: none"> <li>Wild Wing Wednesday: Assorted Chicken Wings &amp; Sauces</li> <li>Rigatoni w/ Marinara Sauce</li> <li>Peas &amp; Carrots</li> </ul> | <ul style="list-style-type: none"> <li>Meatball Parmesan Sub w/ Mozzarella Cheese &amp; Marinara Sauce</li> <li>Sweet &amp; Sour Chicken</li> <li>Green Beans</li> </ul> | <ul style="list-style-type: none"> <li>Dante's Pizza</li> <li>Chicken Caesar Salad Wrap</li> <li>Garden Salad</li> </ul> |   |

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| 7   | 8   | 9   | 10  | 11  |
| <ul style="list-style-type: none"> <li>Cheeseburger Sliders w/ Chipotle Sauce</li> <li>Grilled Breast of Chicken w/ Cheese on a Kaiser Roll</li> <li>Steamed Veggies</li> </ul> | <ul style="list-style-type: none"> <li>Macaroni &amp; Cheese Bowl w/ Assorted Toppings</li> <li>Whole Grain Popcorn Chicken w/ Dipping Sauce</li> <li>Broccoli</li> </ul> | <ul style="list-style-type: none"> <li>Grilled Cheese on Texas Toast</li> <li>Cheddar Cheese Quesadilla w/ Salsa &amp; Sour Cream</li> <li>Tomato Soup</li> </ul> | <ul style="list-style-type: none"> <li>Spicy Chicken Wrap or Grilled Chicken Wrap</li> <li>Pancakes w/ Sausage &amp; Hash Brown</li> <li>Mixed Veggies</li> </ul> | <ul style="list-style-type: none"> <li>Dante's Pizza</li> <li>Roasted Vegetable Wrap w/ Melted Mozzarella Cheese &amp; Garlic Basil Dressing</li> <li>Garden Salad</li> </ul> |

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| 14  | 15   | 16   | 17  | 18  |
| <ul style="list-style-type: none"> <li>Chicken Nuggets w/ Dipping Sauces</li> <li>Cheese Ravioli w/ Marinara Sauce</li> <li>Garlic Bread</li> </ul> | <ul style="list-style-type: none"> <li>Mozzarella Sticks w/ Marinara Sauce</li> <li>Assorted Homemade Panini</li> <li>Grilled Veggies</li> </ul> | <ul style="list-style-type: none"> <li>Chicken Parmesan w/ a side of Fettuccine</li> <li>All-White Meat Chicken Tenders</li> <li>Peas &amp; Carrots</li> </ul> | <ul style="list-style-type: none"> <li>Spaghetti &amp; Meatballs</li> <li>General Tso's Chicken over Brown Rice</li> <li>Mixed Veggies</li> </ul> | <ul style="list-style-type: none"> <li>Dante's Pizza</li> <li>Buffalo Chicken Wrap w/ Ranch Dressing</li> <li>Tossed Salad</li> </ul> |



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| 21 | 22   | 23   | 24  | 25   |
|    | <ul style="list-style-type: none"> <li>Waffle Squares w/ Turkey Bacon &amp; Hash Browns</li> <li>Chicken Caesar Salad Wrap</li> <li>Green Beans</li> </ul> | <ul style="list-style-type: none"> <li>Baked Chicken Wings</li> <li>Homemade Baked Ziti w/ Italian Bread</li> <li>Grilled Veggies</li> </ul> | <ul style="list-style-type: none"> <li>Chicken Bowl w/ Mashed Potatoes, Corn, Cheddar Cheese &amp; Gravy</li> <li>Vegetable Lo Mein</li> <li>Steamed Veggies</li> </ul> | <ul style="list-style-type: none"> <li>Dante's Pizza</li> <li>Grilled Chicken &amp; Cheese Wrap</li> <li>Garden Salad</li> </ul> |

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| 28   | 29   | 30   | 31   |
| <ul style="list-style-type: none"> <li>Homemade Baked Macaroni &amp; Cheese</li> <li>Pepperoni Stromboli</li> <li>Steamed Carrots</li> </ul> | <ul style="list-style-type: none"> <li>Grilled Cheese on Texas Toast</li> <li>Meatball Parmesan Sub w/ Mozzarella Cheese &amp; Marinara Sauce</li> <li>Broccoli</li> </ul> | <ul style="list-style-type: none"> <li>Nachos Grande w/ Seasoned Turkey Taco Meat, Cheese, Salsa &amp; Sour Cream</li> <li>French Toast Sticks w/ Sausage Links</li> <li>Hash Brown</li> </ul> | <ul style="list-style-type: none"> <li>Chicken Fajita Pita w/ Cheddar Cheese, Peppers &amp; Onions</li> <li>Fettuccini Alfredo w/ Grilled Chicken</li> <li>Steamed Corn</li> </ul> |



**Local Sweet Potatoes**

**AVAILABLE DAILY**

- All-White Meat Chicken Fillet Sandwich
- Spicy All-White Meat Chicken Fillet Sandwich
- Crispy All-White Meat Chicken Fillet Sandwich
- Homemade Burgers
- Homemade Beef Sliders
- Grilled Cheese on Whole Wheat Bread
- Homemade Yogurt Parfaits
- Assorted Boar's Head Sandwiches and Wraps
- Boar's Head Traditional Chef's Salad
- Freshly Made Salads



**A Complete Meal Includes:**

Entrée w/ Protein/Grain

**Fresh Seasonal Fruits & Vegetables**

1% Low-Fat, Non-Fat Chocolate, Fat-Free Milk

**Questions?** Please contact the Food Service Director, Diane Gerstner, at 973-543-2505 x220 or dgerstner@mendhamtp.org



**POMPTONIAN**  
FOOD SERVICE