



West Milford High School

November/December 2017

Lunch Menu – Week of 12/01



Monday 11/27

Chicken Nuggets with a Dinner Roll
Sausage, Egg, and Cheese on a Bagel

Tuesday 11/28

Chicken Patty with Bacon, Lettuce, and Tomato on a Bun
Meatball Parmesan Hero

Wednesday 11/29

Wild Wing Wednesday – Assorted Chicken Wings with a Roll
Pizza Crunchers with Marinara Sauce

Thursday 11/30

Chicken Parmesan with Pasta
Buffalo Chicken Twister Wrap

Friday 12/01

Pizza Crunchers with Marinara Sauce
All-Beef Hot Dog on a bun with Toppings

Available Daily:

Your comments are important to us. Please email us at comments@pomptonian.com

Each complete lunch includes: Choice of Entrée with Protein/Grain, a trip to **The Farm Stand, and Choice of Milk**



Made-to-Order Sandwiches
Weekly Sandwich Special



Salad Bar 
Assorted Grab-and-Go 
Weekly Salad Specials 
Garden Burst Salads offered with a Roll



Chicken Patty on a Bun
Burgers on Buns
Cheesesteak Hero
Assorted Pizzas



Featuring an assortment of popular and healthier snack and beverage options



Selections on The Farm Stand are included with Lunch. Choose ½ cup of fruit and 1 cup of vegetable from a variety of options daily.



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

"This institution is an equal opportunity provider."



Look for Healthier Choices



West Milford High School

December 2017

Lunch Menu – Week of 12/10



Monday 12/04

Pulled Pork w/ Coleslaw on a Bun
Spicy Chicken Wrap

Tuesday 12/05

Chicken Patty with Bacon, Lettuce, and Tomato on a Bun
Meatball Parmesan Hero

Wednesday 12/06

Wild Wing Wednesday – Assorted Chicken Wings with a Roll
Pizza Crunchers with Marinara Sauce

Thursday 12/07

Chicken Parmesan with Pasta
Chicken Fajita Wrap

Friday 12/08

Chicken Nuggets with a Dinner Roll
Breaded Fish Filet with Lettuce, Tomato, and Tartar Sauce



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Made-to-Order Sandwiches
Weekly Sandwich Special



Salad Bar
Assorted Grab-and-Go Salads
Weekly Salad Specials
Garden Burst Salads offered with a Roll



Chicken Patty on a Bun
Burgers on Buns
Cheesesteak Hero
Assorted Pizzas



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Lunch Menu – Week of 12/15



Monday 12/11

Herb-Roasted Chicken with Mashed Potatoes and a Dinner Roll 
 Cheese Quesadilla with Salsa

Tuesday 12/12

Pasta with Meatballs and Sliced French Bread
 Chicken Fajita Wrap 

Wednesday 12/13

Omelet Bar – Made-to-Order Omelets served with a Roll
 Cool Ranch Chicken Twister – Chicken with Jack Cheese, Lettuce and Ranch Dressing in a Wrap

Thursday 12/14

“Firecracker” Spicy Chicken Wrap with Lettuce and Tomato
 Macaroni and Cheese with a Dinner Roll

Friday 12/15

Chicken Bowl – Mashed Potatoes topped with Gravy, Corn, and Crispy Chicken with a Dinner Roll
 Breaded Fish Filet with Lettuce, Tomato, and Tartar Sauce

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 Weekly Sandwich Special



Salad Bar 
 Assorted Grab-and-Go 
 Weekly Salad Specials 
 Garden Burst Salads offered with a Roll



Chicken Patty on a Bun
 Burgers on Buns
 Cheesesteak Hero
 Assorted Pizzas



Featuring an assortment of popular and healthier snack and beverage options



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Lunch Menu – Week of 12/22



Monday 12/18

Pizza Crunchers with Marinara Sauce
Chicken Parmesan with Pasta

Tuesday 12/19

Popcorn Chicken with a Dinner Roll
General Tso's Chicken with Brown Rice and Broccoli

Wednesday 12/20

Holiday Dinner

Roast Turkey, Stuffing, Mashed Potatoes, Corn, Gravy
Cranberry Sauce and a Dinner Roll

Thursday 12/21

Chicken Patty, Bacon, Lettuce, and Tomato on a Bun
Meatball Parmesan Hero



Friday 12/22

Cheese Quesadilla with Salsa
Chicken Nuggets with a Dinner Roll

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Made-to-Order Sandwiches
Weekly Sandwich Special



Salad Bar 
Assorted Grab-and-Go 
Weekly Salad Specials 
Garden Burst Salads offered with a Roll



Chicken Patty on a Bun
Burgers on Buns
Cheesesteak Hero
Assorted Pizzas



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