

West Milford Middle School
January 2018
Lunch Menu – Week of 01/05



Monday 01/01

HOLIDAY RECESS
SCHOOL CLOSED

Tuesday 01/02

Soft or Crunchy Tacos with Seasoned Taco Meat Brown Rice, Cheese, and Salsa
Chicken Fajita Wrap 

Wednesday 01/03

Pasta with Meatballs and Garlic Bread
“Firecracker” Spicy Chicken Wrap with Lettuce and Tomato

Thursday 01/04

Chicken Quesadilla with Salsa
Baked Macaroni and Cheese with a Dinner Roll

Friday 01/05

Breaded Fish Filet with Lettuce, Tomato, and Tartar Sauce
The Sampler - Baked Mozzarella Sticks and Chicken Nuggets with Dipping Sauces

Available Daily:


 **Look for Healthier Choices**

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

Deli Central

Made-to-Order or Assorted
Grab-and-Go Sandwiches

FRESH FARMISTAND

Assorted Grab-and-Go Salads 
offered with a Roll

AMERICAN GRILLE

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

SNACK SHACK

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.”

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

West Milford Middle School
January 2018
Lunch Menu – Week of 01/12

Monday 01/08

Chicken Patty with Bacon, Lettuce, and Tomato on a Bun
Baked Mozzarella Sticks with Marinara Sauce

Tuesday 01/09

Chicken Nuggets with a Dinner Roll
Cheese Quesadilla with Salsa

Wednesday 01/10

Wild Wing Wednesday – Assorted Chicken Wings with a Roll
Meatball Parmesan Hero

Thursday 01/11

Italian-Style Hot Dog with Peppers, Onions, and Potatoes on a Sub Roll
Chicken Parmesan with Pasta

Friday 01/12

French Toast with Sausage
Grilled Chicken with Lettuce and Tomato on a Bun 

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West Milford Middle School
January 2018
Lunch Menu – Week of 01/19



Monday 01/15

DR. MARTIN LUTHER KING DAY
SCHOOL CLOSED



Tuesday 01/16

Pizza Crunchers with Marinara Sauce
Chicken Tenders with a Dinner Roll

Wednesday 01/17

Pasta with Meatballs and Sliced French Bread
Chicken Griller with Lettuce and Tomato on a Bun

Thursday 01/18

Pizza Crunchers with Marinara
Chicken Fajita Wrap 

Friday 01/19

Chicken Quesadilla with Salsa
Breaded Fish Filet on a Bun with Lettuce, Tomato, and Tartar Sauce

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West Milford Middle School
January 2018
Lunch Menu – Week of 01/26



Monday 01/22

Popcorn Chicken with a Dinner Roll
Bacon Cheeseburger with Lettuce and Tomato on a Bun

Tuesday 01/23

Cheese Quesadilla with Salsa
Chicken Parmesan with Pasta

Wednesday 01/24

Nachos Grande with Seasoned Taco Meat, Brown Rice, and Tortilla Chips
Cool Ranch Chicken Twister – Chicken with Jack Cheese, Lettuce and Ranch Dressing in a Wrap

Thursday 01/25

Meatball Parmesan Hero
Grilled Chicken, Lettuce, and Tomato on a Bun 

Friday 01/26

Baked Mozzarella Sticks with Marinara Sauce
Chicken Nuggets with a Dinner Roll

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Cheesesteak Hero
Assorted Pizzas

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West Milford Middle School
January/February 2018
Lunch Menu – Week of 02/02



Monday 01/29

Herb-Roasted Chicken with Mashed Potatoes and a Dinner Roll 
Pizza Crunchers with Marinara Sauce

Tuesday 01/30

Taco Tuesday – Soft or Crunchy Tacos with Seasoned Ground Beef,
Cheese, Lettuce, Tomato, and Salsa
Chicken Fajita Wrap 

Wednesday 01/31

Wild Wing Wednesday – Assorted Chicken Wings and Sauces with a Roll
Taylor Ham, Egg, and Cheese on a Roll

Thursday 02/01

Chicken Quesadilla with Salsa
All-Beef Hot Dog on a Bun

Friday 02/02

Baked Macaroni and Cheese with a Dinner Roll
Breaded Fish Filet on a Bun with Lettuce, Tomato, and Tartar Sauce

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*Deli
Central*

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