



West Milford Middle School

October 2017

Lunch Menu



Monday 10/02

Popcorn Chicken with a Dinner Roll
Bacon Cheeseburger on a Bun

Tuesday 10/03

Waffle Bar – Belgian Waffles with Syrup and Sausage
Sausage, Egg & Cheese on a Biscuit

Wednesday 10/04

Cheese Quesadilla with Salsa
Meatball Parmesan Hero

Thursday 10/05

Pizza Crunchers
Chicken Bowl – Mashed Potatoes topped with Gravy, Corn,
and Crispy Chicken with a Dinner Roll

Friday 10/06

Breaded Fish Filet on a Bun with Lettuce, Tomato, and Tartar Sauce 
French Toast Sticks with Sausage and Hash Browns

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 or Assorted Grab-and-Go Sandwiches



Assorted Grab-and-Go 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 Middle School

October 2017


Lunch Menu



Monday 10/9

**COLUMBUS DAY
SCHOOL CLOSED**

Tuesday 10/10

Teriyaki Chicken with Brown Rice and Broccoli
Grilled Chicken, Lettuce, and Tomato on a Bun 


Wednesday 10/11

Pasta with Meatballs and French Bread
Chicken Tenders with a Roll

Thursday 10/12

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

Friday 10/13

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

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



Assorted Grab-and-Go 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.



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West Milford Middle School

October 2017

Lunch Menu



Monday 10/16

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

Tuesday 10/17

Chicken Nuggets with a Dinner Roll
Cheese Quesadilla with Salsa

Wednesday 10/18

Wild Wing Wednesday – Assorted Chicken Wings with a Roll
Hot Dog with Assorted Toppings on a Bun

Thursday 10/19

Chicken Parmesan with Pasta
Meatball Parmesan Hero

Friday 10/20

Baked Macaroni and Cheese with a Dinner Roll
Grilled Chicken with Lettuce and Tomato on a Bun 

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



Assorted Grab-and-Go Salads offered with a Roll 



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



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Selections on The Farm Stand are included with Lunch. Choose 1/2 cup of fruit and 1 cup of vegetable from a variety of options daily.



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West Milford Middle School

October 2017

Lunch Menu



Monday 10/23

Herb-Roasted Chicken with Mashed Potatoes and a Dinner Roll 
 Baked Macaroni and Cheese with a Dinner Roll

Tuesday 10/24

French Toast with Sausage and Hash Brown
 Sausage, Egg & Cheese on a Biscuit

Wednesday 10/25

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

Thursday 10/26

Pizza Crunchers with Marinara Sauce
 Chicken Tenders with a Dinner Roll

Friday 10/27

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

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



Assorted Grab-and-Go 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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Look for Healthier Choices



West Milford Middle School

October-November 2017

Lunch Menu



Monday 10/30

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

Tuesday 10/31

Meatball Parmesan Hero
Chicken Parmesan with Pasta

Wednesday 11/01

Nachos Grande with Seasoned Taco Meat, Brown Rice, and Tortilla Chips
Grilled Chicken, Lettuce, and Tomato on a Bun 

Thursday 11/02

Chicken Patty BLT on a Bun
Cheese Quesadilla with Salsa


Friday 11/03

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


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



Assorted Grab-and-Go 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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