



West Milford High School
September 2017
 Lunch Menu – **Week ending 09/01**



WELCOME BACK TO SCHOOL

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 Salads 
 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



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September 2017

Lunch Menu



Monday 09/04



Tuesday 09/05

No School

Wednesday 09/06

No School

Thursday 09/07

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

Friday 09/08

Buffalo Chicken Twister Wrap
Baked Mozzarella Sticks with Marinara Sauce

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Monday 09/11

Teriyaki Chicken Served with Brown Rice and Broccoli 
Bacon Cheeseburger on a Bun

Tuesday 09/12

Pasta with Meatballs and Sliced French Bread
Chicken Fajita Wrap 

Wednesday 09/13

Chicken Quesadilla with Salsa
French Toast Sticks with Sausage and Hash Browns

Thursday 09/14

“Firecracker” Spicy Chicken Wrap with Lettuce and Tomato
Italian-Style Hot Dog with Peppers, Onions, and Potatoes on a Sub Roll

Friday 09/15

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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Monday 09/18

Baked Mozzarella Sticks with Marinara Sauce
Chicken Parmesan with Pasta

Tuesday 09/19

Popcorn Chicken with a Dinner Roll
Macaroni and Cheese with a Dinner Roll

Wednesday 09/20

Nachos Grande with Seasoned Taco Meat, Brown Rice, and Tortilla Chips
Grilled Chicken Caesar Wrap 

Thursday 09/21

Spicy Chicken Wrap
Meatball Parmesan Hero

Friday 09/22

Cheese Quesadilla with Salsa
Chicken Nuggets with a Dinner Roll

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Monday 09/25

Herb-Roasted Chicken with Mashed Potatoes and a Dinner Roll 
 Barbecue Pulled Pork with Coleslaw on a Bun

Tuesday 09/26

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

Wednesday 09/27

Wild Wing Wednesday – Assorted Chicken Wings and Sauces with a Roll
 Bacon Cheeseburger with Lettuce and Tomato on a Bun

Thursday 09/28

Chicken Fajita Wrap 
 Baked Macaroni and Cheese with a Dinner Roll

Friday 09/29

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

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