



West Milford Middle 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 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



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September 2017

Lunch Menu



Monday 09/04



Tuesday 09/05

No School

Wednesday 09/06

No School

Thursday 09/07

Meatball Hero
Chicken Parmesan with Pasta

Friday 09/08

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

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Monday 09/11

Chicken Tenders with Mashed Potatoes and a Dinner Roll 
Baked Macaroni and Cheese with a Dinner Roll

Tuesday 09/12

Sausage, Egg and Cheese Sandwich
Pasta with Meatballs and Sliced French Bread

Wednesday 09/13

Bacon Cheeseburger on a Bun
Chicken Griller with Lettuce and Tomato on a Bun 

Thursday 09/14

Pizza Crunchers with Marinara Sauce
Chicken Nuggets with a Dinner Roll

Friday 09/15

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

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Monday 09/18

Popcorn Chicken with a Dinner Roll
Chicken Parmesan with Pasta

Tuesday 09/19

Cheese Quesadilla with Salsa
Meatball Parmesan Hero

Wednesday 09/20

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

Thursday 09/21

Bacon Cheeseburger with Lettuce and Tomato on a Bun
Grilled Chicken, Lettuce, and Tomato on a Bun 

Friday 09/22

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

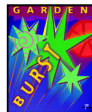
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Monday 09/25

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

Tuesday 09/26

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

Wednesday 09/27

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

Thursday 09/28

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

Friday 09/29

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

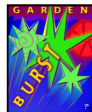
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