

West Milford High 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

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

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 High School
January 2018
Lunch Menu – Week of 01/12

Monday 01/08

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

Tuesday 01/09

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

Wednesday 01/10

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

Thursday 01/11

Chicken Parmesan with Pasta
All-Beef Hot Dog on a Bun

Friday 01/12

Buffalo Chicken Twister Wrap
Baked Mozzarella Sticks with Marinara Sauce

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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

Pasta with Meatballs and Sliced French Bread
Chicken Fajita Wrap 

Wednesday 01/17

Cheese Quesadilla
Cool Ranch Chicken Twister – Chicken with Jack Cheese, Lettuce and Ranch Dressing in a Wrap

Thursday 01/18

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

Friday 01/19

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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West Milford High School
January 2018
Lunch Menu – **Week of 01/25**



Monday 01/21

Baked Mozzarella Sticks with Marinara Sauce
Chicken Parmesan with Pasta

Tuesday 01/22

Popcorn Chicken with a Dinner Roll
Homemade Buffalo Chicken Stromboli

Wednesday 01/23

Nachos Grande with Seasoned Taco Meat, Brown Rice, and Tortilla Chips
Pizza Crunchers with Marinara Sauce

Thursday 01/24

Barbecue Pulled Pork with Coleslaw on a Bun 
Meatball Parmesan Hero

Friday 01/25

Cheese Quesadilla with Salsa
Chicken Nuggets with a Dinner Roll

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*Deli
Central*

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



Monday 01/29

Herb-Roasted Chicken with Mashed Potatoes and a Dinner Roll 
Bacon Cheeseburger with Lettuce and Tomato on a Bun

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
Bacon Cheeseburger with Lettuce and Tomato on a Bun

Thursday 02/01

Hot Dog on a bun with Assorted Toppings
Baked Macaroni and Cheese with a Dinner Roll

Friday 02/02

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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