

West Milford High School
September 2019
Lunch Menu – Week Ending 09/06



Monday 09/02
Labor Day
No School

Tuesday 09/03
No School

Wednesday 09/04
No School

Thursday 09/05
General Tso's Chicken with Brown Rice and Broccoli
Baked Macaroni and Cheese with a Dinner Roll

Friday 09/06
Hot Dog Bar
Toppings include Cheese Sauce, Sauerkraut, Raw Onions,
Spicy Onions and Chili
Bacon Mac & Cheeseburger on a Bun

Available Daily:

 **Look for Healthier Choices**

Each complete lunch includes: Choice of Entrée with Protein/Grain, a trip to **The Farm Stand** (students must select at least a serving of fruit or vegetable), and Choice of Milk

Deli Central

Made-to-Order or Sandwiches
Weekly Sandwich Special

FRESH FARMSTAND

Salad Bar & Assorted Grab-and-Go 
Salads, including Weekly Salad Specials 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



Fruits & vegetables from The Farm Stand are included with lunch.



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
September 2019
Lunch Menu – Week Ending 09/13



Monday 09/09

Chicken Parmesan with Pasta and Garlic Bread
Meatball Parmesan Hero

Tuesday 09/10

Chicken Cordon Blue with a Roll
French Toast Sticks with Sausage and Potato Nuggets

Wednesday 09/11

Cheesesteak Bar
Toppings include Cheddar Cheese Sauce,
Mushroom, Onions, Peppers, Pepper Jack Cheese,
American Cheese
Lasagna Rollups with Marinara Sauce and Garlic Bread

Thursday 09/12

Nachos Grande with Seasoned Taco Meat, Brown Rice, Cheese and Salsa
Wild Wings with a Roll

Friday 09/13

Buffalo Chicken Twister Wrap
Pizza Crunchers with Marinara Sauce

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*Deli
Central*

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FARMSTAND**

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**AMERICAN
GRILLE**

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

**SNACK
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West Milford High School
September 2019
Lunch Menu – Week Ending 09/20



Monday 09/16

Herb-Roasted Chicken with Mashed Potatoes and a Dinner Roll 
Buffalo Chicken Stromboli

Tuesday 09/17

Pasta with Meatballs and Garlic Bread
Chicken Cordon Blue with a Roll

Wednesday 09/18

Omelet Bar – Made-to-Order Omelets served with a Roll
Cheese Quesadilla with Salsa

Thursday 09/19

Homemade Calzone
Ravioli with Marinara and Garlic Bread

Friday 09/20

Chicken Bowl – Mashed Potatoes topped with Gravy, Corn,
and Crispy Chicken with a Dinner Roll
Cheese Stuffed Breadsticks with Marinara

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GRILLE**

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Burgers on Buns
Cheesesteak Hero
Assorted Pizzas

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West Milford High School
September 2019
Lunch Menu – Week Ending 09/27



Monday 09/23

Baked Mozzarella Sticks with Marinara Sauce
Pulled Pork with Coleslaw on a Bun

Tuesday 09/24

Popcorn Chicken with a Dinner Roll
Chicken, Mango, Black Bean Quesadilla with Salsa 

Wednesday 09/25

Waffle Bar – Belgian Waffles with Syrup and Sausage
Bacon Cheeseburger on a Bun

Thursday 09/26

Slider Bar
Choice of Pulled Pork, Beef, Chicken or Vegetarian Sliders on Buns
Lasagna Rollups with Marinara Sauce and Garlic Bread

Friday 09/27

Pizza Crunchers with Marinara Sauce
Bacon Chicken Patty BLT on a Bun

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Burgers on Buns
Cheesesteak Hero
Assorted Pizzas

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West Milford High School
September/October 2019
Lunch Menu – Week Ending 10/04



Monday 09/30

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

Tuesday 10/01

Tacos with Seasoned Ground Beef, or Chicken, Cheese, Lettuce, Tomato and Salsa
Chicken Fajita Wrap 

Wednesday 10/02

Waffle Bar
Bacon Cheeseburger with Lettuce and Tomato on a Bun

Thursday 10/03

Chicken Fajita Wrap 
Ravioli with Marinara and Garlic Bread

Friday 10/04

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

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