

West Milford Middle 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

Chicken Parmesan with Pasta and Sliced French Bread
Meatball Parmesan Hero

Friday 09/06

French Toast Sticks with Sausage and Hash Browns
Breaded Fish Fillet with Lettuce, Tomato and Tartar Sauce 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 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



**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 Middle School
September 2019
Lunch Menu – Week Ending 09/13



Monday 09/09

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

Tuesday 09/10

Chicken Nuggets with a Dinner Roll
Cheese Quesadilla with Salsa


Wednesday 09/11

Wild Wing Wednesday – Assorted Chicken Wings with a Roll
Meatball Parmesan Hero

Thursday 09/12

Italian-Style Hot Dog with Peppers, Onions, and Potatoes on a Sub Roll
Chicken Parmesan with Pasta

Friday 09/13

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

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Cheesesteak Hero
Assorted Pizzas

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West Milford Middle School
September 2019
Lunch Menu – Week Ending 09/20



Monday 09/16

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

Tuesday 09/17

Tacos with Seasoned Beef, Cheese, Lettuce, Tomato and salsa
Chicken Fajita Wrap 

Wednesday 09/18

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

Thursday 09/19

Jamaican Beef Patties with Salsa
Chicken Tenders with a Dinner Roll

Friday 09/20

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

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Central*

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Grab-and-Go Sandwiches

**FRESH
FARMSTAND**

Assorted Grab-and-Go Salads 
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**AMERICAN
GRILLE**

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

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



Monday 09/23

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


Tuesday 09/24

Cheese Quesadilla with Salsa
Chicken Parmesan with Pasta

Wednesday 09/25

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

Thursday 09/26

Meatball Parmesan Hero
Grilled Chicken, Lettuce, and Tomato on a Bun 

Friday 09/27

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

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Deli Central

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Grab-and-Go Sandwiches

FRESH FARMISTAND

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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



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



Monday 09/30

Herb-Roasted Chicken with Mashed Potatoes and a Dinner Roll 
Jamaican Beef Patties with Sauce

Tuesday 10/01

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

Wednesday 10/02

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

Thursday 10/03

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

Friday 10/04

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

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