

West Milford High School

March 2020

Week of 03/02 - 03/06



Flavors Around the World Week

Monday 03/02

General Tso's Chicken with Brown Rice and Broccoli
Tamales with Rice and Refried Beans (**Mexico**)

Tuesday 03/03

Soft or Crunchy Tacos with Seasoned Taco Meat or Chicken, Brown Rice, Cheese, and Salsa
Keshi Yena with Maduros and Pineapple Chow (**Aruba & Trinidad**)

Wednesday 03/04

Bobotie with Yellow Rice (**South Africa**)
Pizza Crunchers

Thursday 03/05

Chicken Tikka Masala and Cauliflower and Peas with Naan Bread (**India**)
Meatball Parmesan Hero

Friday 03/06

Chicken Adobo with Pancit Bihon (**Philippines**)
Mozzarella Sticks with Marinara Sauce and a Dinner Roll

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 FARMISTAND

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

FOOD ALLERGIES

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

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March 2020

Week of 03/09 – 03/13



Monday 03/09

Chicken Parmesan with Pasta and Garlic Bread
Meatball Parmesan Hero

Tuesday 03/10

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

Wednesday 03/11

Cheesesteak Bar – Cheesesteak Hero with Choice of Toppings, including Cheddar Cheese Sauce, Pepper Jack Cheese, American Cheese, Mushrooms, Onions, and Peppers
Stuffed Shells with Marinara Sauce and Garlic Bread

Thursday 03/12

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

Friday 03/13

Chicken Bowl - Mashed Potatoes, Topped with Gravy, Corn and Crispy Chicken served with a Roll
Pizza Crunchers with Marinara Sauce

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Week of 03/16 - 03/20



Monday 03/16

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

Tuesday 03/17

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

Wednesday 03/18

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

Thursday 03/19

Homemade Calzone
Ravioli with Marinara Sauce and Garlic Bread

Friday 03/20

Hot Dog on a Bun Bar
Toppings include Cheese Sauce, Sauerkraut, Raw Onions,
Spicy Onions and Chili
Cheese Stuffed Breadsticks with Marinara Sauce

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West Milford High School
March 2020
Week of 03/23 - 03/27



Monday 03/23

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

Tuesday 03/24

Popcorn Chicken with a Dinner Roll
Homemade Chicken, Pineapple, Black Bean Quesadilla with Salsa

Wednesday 03/25

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

Thursday 03/26

Slider Bar – Choose (3) Pulled Pork, Beef, Chicken or Vegetarian Sliders on Buns
Ravioli with Marinara Sauce and Garlic Bread

Friday 03/27

Hot Dog on a Bun Bar
Toppings include Cheese Sauce, Sauerkraut, Raw Onions,
Spicy Onions and Chili
Pizza Crunchers

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West Milford High School

March/April 2020

Week of 03/30 - 04/03



Monday 03/30

Baked Mozzarella Sticks with Marinara Sauce
Popcorn Chicken Macaroni and Cheese with a Dinner Roll

Tuesday 03/31

Popcorn Chicken with a Dinner Roll
Homemade Chicken, Pineapple, Black Bean Quesadilla with Salsa

Wednesday 04/01

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

Thursday 04/02

Slider Bar - Choose from Pulled Pork, Beef, Chicken, or Vegetarian Sliders on Buns
Lasagna Roll-Up with Marinara Sauce and Garlic Bread

Friday 04/03

Pizza Crunchers with Marinara Sauce
Chicken Patty BLT on a Bun

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