

KEARNY HIGH SCHOOL

NOVEMBER 2021



Free meals for all students



Daily Dish

AVAILABLE DAILY

Monday 1	Popcorn Chicken w/ a Split Top Dinner Roll	Deli Central	Made-to-Order Deli Bar Assorted Grab & Go Sandwiches Assorted Specialty Pizzas	PIZZA ZONE
Tuesday 2	Election Day No School			
Wednesday 3	Pizza Crunchers	AMERICAN GRILLE	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns	
Thursday 4	NJEA Convention No School		Hummus Bento Box Pasta w/ Meatballs & Marinara Sauce	Daily Dish
Friday 5		FRESH FARMISTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	



FOOD ALLERGIES

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

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & a Choice of Milk. Also available daily: Assorted cold beverages, soups, vegetables & fresh & chilled fruit bowl. All Snacks are in compliance w/ the State's Guidelines. Your comments are important to us. Please e-mail us at comments@pomptonian.com. Menu Subject to Change



At least 50% of All Grains served w/ your meal are Whole Grain Rich

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Monday 8	Veterans Day No School	Deli Central	Made-to-Order Deli Bar Assorted Grab & Go Sandwiches Assorted Specialty Pizzas	PIZZA ZONE
Tuesday 9	Cheeseburger on a Bun or Grilled Cheese Sandwich	AMERICAN GRILLE	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Grilled Cheese Sandwich	
Wednesday 10	3-Cheese Cavatappi Pasta w/ a Split Top Dinner Roll		Hummus Bento Box Pasta w/ Meatballs & Marinara Sauce	Daily Dish
Thursday 11	Popcorn Chicken Bowl w/ Potato, Cheese, Gravy, Corn And Dinner Roll	FRESH FARMISTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	
Friday 12	Pizzeria Pizza			



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Monday 15	Sweet & Sour Chicken Bowl w/ Vegetable, Fried Rice	Deli Central	Made-to-Order Deli Bar Assorted Grab & Go Sandwiches	
Tuesday 16	All-Beef Hot Dog on a Bun		Assorted Specialty Pizzas	PIZZA ZONE
Wednesday 17	Cheese Ravioli w/ Marinara Sauce & a Split Top Dinner Roll	AMERICAN GRILLE	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Grilled Cheese Sandwich	
Thursday 18	Thanksgiving Lunch Turkey w/ Gravy, Mashed Potatoes & a Turkey-Shaped Pretzel		Hummus Bento Box Pasta w/ Meatballs & Marinara Sauce	Daily Dish
Friday 19	Pizzeria Pizza	FRESH FARMISTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	



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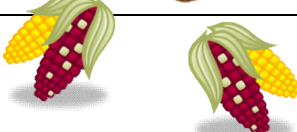


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Monday 22	Macaroni & Cheese w/ a Split Top Dinner Roll	Deli Central	Made-to-Order Deli Bar Assorted Grab & Go Sandwiches	
Tuesday 23	Assorted Pizzeria Pizza		Assorted Specialty Pizzas	PIZZA ZONE
Wednesday 24	Single Session Day No Lunch Served	AMERICAN GRILLE	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Grilled Cheese Sandwich	
Thursday 25	HAPPY Thanksgiving		Hummus Bento Box Pasta w/ Meatballs & Marinara Sauce	<i>Daily Dish</i>
Friday 26		FRESH FARMSTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	

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Monday 29	Boneless Chicken Wings w/ a Split Top Dinner Roll	Deli Central	Made-to-Order Deli Bar Assorted Grab & Go Sandwiches	
Tuesday 30	Breakfast for Lunch Cinnamon-Glazed French Toast Sticks		Assorted Specialty Pizzas	
		AMERICAN GRILLE	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Grilled Cheese Sandwich	PIZZA ZONE
			Hummus Bento Box Pasta w/ Meatballs & Marinara Sauce	Daily Dish
		FRESH FARMSTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	



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