



KEARNY HIGH SCHOOL – OCTOBER 2021



Free meals for all students



AVAILABLE DAILY

| | | | | |
|-----------------------|--|--|---|---|
| Monday 4 | PizzaBoli | Pizza Quesadilla | Deli Central Made-to-Order Deli Bar & Paninis Assorted Grab & Go Sandwiches | |
| Tuesday 5 | All-Beef Hot Dog on a Bun | Cheeseburger on a Kaiser Roll | | Assorted Specialty Pizzas |
| Wednesday 6 | Cheese Ravioli w/ Marinara Sauce & a Split Top Dinner Roll | Grilled Chicken Fillet on a Kaiser 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 on Bun Grilled Cheese Sandwich |
| Thursday 7 | Chicken Teriyaki w/ Vegetable Fried Rice & a Fortune Cookie or Bean, Vegetable & Rice Bowl | Cheese Lasagna Roll-Up w/ Marinara Sauce & a Split Top Dinner Roll | | Hummus Bento Box Pasta w/ Meatballs & Marinara Sauce |
| Friday 8 | Pizzeria Pizza | Chicken Tenders w/ Fries & Dinner Roll | FRESH FARMISTAND | Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i> |

PIZZA ZONE

Daily Dish

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

"This institution is an equal opportunity provider."







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AVAILABLE DAILY

| | | | | | |
|-------------------------|---|--|-------------------------|--|-------------------|
| Monday 18 | Boneless Chicken Wings w/ a Split Top Dinner Roll | Cheese Stuffed Sticks w/ Marinara Sauce | <i>Deli Central</i> | Made-to-Order Deli Bar & Panini Assorted Grab & Go Sandwiches | |
| Tuesday 19 | Pasta w/ Meatballs or Pasta w/ Marinara Sauce & Cheese Sticks | Cheesesteak Hero | | Assorted Specialty Pizzas | |
| Wednesday 20 | Macaroni & Cheese w/ a Split Top Dinner Roll | General Tso's Chicken w/ Brown Rice & a Fortune Cookie | AMERICAN GRILLE | All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger on Bun Grilled Cheese Sandwich | PIZZA ZONE |
| Thursday 21 | Sweet & Sour Chicken w/ Vegetable Fried Rice or Bean, Vegetable & Rice Bowl | Chicken Tenders w/ Fries & Dinner Roll | | Hummus Bento Box Pasta w/ Meatballs & Marinara Sauce | |
| Friday 22 | Pizzeria Pizza | Pizza Quesadilla | FRESH FARMISTAND | Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i> | <i>Daily Dish</i> |



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