

FORT LEE HIGH SCHOOL – NOVEMBER 2021




Free meals for all students



Daily Dish



AVAILABLE DAILY

Monday 1	Popcorn Chicken Bowl w/ Mashed Potatoes, Corn, Gravy & Cheddar Cheese	Baked Chicken on the Bone w/ Mashed Potatoes, Gravy & Corn	<p><i>Deli Central</i></p> <p>Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches</p>  <p>Assorted Specialty Pizzas</p> <p>AMERICAN GRILLE</p> <p>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</p> <p>FRESH FARMISTAND</p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p><i>Daily Dish</i></p> <p>PIZZA ZONE</p>
Tuesday 2	Buffalo Chicken Mac & Cheese w/ a Split Top Dinner Roll	Italian Style Hot Dogs w/ Fries	
Wednesday 3	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops	Spicy Chicken, Ham & Cheese Sandwich w/ Fries	
Thursday 4	<p>NJEA Convention No School</p>		
Friday 5			



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	Boneless Chicken Wings w/ a Split Top Dinner Roll	BBQ Beef Rib Sandwich w/ Coleslaw & Pickles	 Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas   All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger on a Bun  Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll 
Tuesday 9	Chicken Parmesan w/ Pasta & Garlic Bread	Roast Beef & Provolone Cheese Sliders w/ Fries	
Wednesday 10	Chicken Pesto Pasta Salad	Meatball Parmesan Sandwich w/ Fries	
Thursday 11	Beef Chili w/ Cornbread & Assorted Toppings	Tortellini & Meatballs w/ Vegetable & Garlic Bread	
Friday 12	Grilled Cheese Sandwich & Tomato Soup	Chili & Cheese Hot Dogs w/ Rice	



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Monday 15	All-Beef Hot Dog on a Bun	Boneless Wings w/ Fries	 Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas   All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger on a Bun   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll
Tuesday 16	Pasta w/ Meat Sauce & a Split Top Dinner Roll	Breaded Chicken Sandwich w/ Honey Mustard, Lettuce & Tomato	
Wednesday 17	A Sandwich & a Soup	Pulled Pork Nachos w/ Assorted Toppings	
Thursday 18	Popcorn Chicken w/ Mac & Cheese & Vegetable	Build Your Own Burger w/ Fries	
Friday 19	Sloppy Joe Sliders w/ Fries	Swedish Meatballs w/ Egg Noodles & Vegetable	



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Monday 22	BBQ Pulled Pork Sandwich w/ Fries	Chicken Gyro w/ Rice & Greek Salad	Deli Central	Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches	Thumann's
Tuesday 23	Thanksgiving Lunch Turkey w/ Gravy, Mashed Potatoes & a Turkey-Shaped Pretzel	Chicken Philly Cheesesteak w/ Fries		Assorted Specialty Pizzas	
Wednesday 24	Half a DAY	Half a Day	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	Daily Dish
Thursday 25			FRESH FARMISTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	
Friday 26					



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<p>Monday 29</p>	<p>Spicy Breaded Chicken on a Bun w/ Lettuce, Tomato & BBQ Sauce</p>	<p>Sloppy Joe Sliders w/ Mashed Potatoes & Corn</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; justify-content: space-between; width: 100%;"> <div style="text-align: center;">  <p>Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches</p>  </div> <div style="text-align: center;">  </div> </div> <div style="margin-top: 20px; text-align: center;"> <p>Assorted Specialty Pizzas</p> </div> <div style="margin-top: 20px; text-align: center;">  <p>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</p> </div> <div style="margin-top: 20px; text-align: center;">  </div> <div style="margin-top: 20px; text-align: center;">  <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> </div> </div>
<p>Tuesday 30</p>	<p>Beef Chili w/ Assorted Toppings & a Dinner Roll</p>	<p>Chicken Parmesan Hero w/ Fries</p>	



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