

FORT LEE MIDDLE SCHOOL – NOVEMBER 2021









Free meals for all students



Daily Dish



AVAILABLE DAILY

Monday 1	Mozzarella Sticks w/ Marinara Sauce	Breaded Chicken Bruschetta Sandwich with Fresh Tomato, Provolone Cheese, and Balsamic Vinaigrette on a Roll	  Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches Assorted Specialty Pizzas  All-White Meat Chicken Nuggets w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns  Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll  
Tuesday 2	Popcorn Chicken w/ a Dinner Roll and Vegetables	Beef Gyro with Tzatziki Sauce, Lettuce, Tomto & Onion	
Wednesday 3	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops	Grilled Cheese Sandwich & Tomato Soup with Fries	
Thursday 4	NJEA Convention No School		
Friday 5			

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	Chicken & Broccoli Pasta w/ Garlic Bread & Vegetable	 Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas   All-White Meat Chicken Nuggets w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns  Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll 
Tuesday 9	Grilled Cheese Sandwich w/ Fries	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops	
Wednesday 10	Philly Cheesesteak Hero w/ Fries	Chicken Teriyaki w/ Vegetable Fried Rice	
Thursday 11	Pasta w/ Meat Sauce & Garlic Bread w/ Vegetable	Mexican Burger on a Bun w/ Lettuce, Tomato, Cheese & Salsa	
Friday 12	Cinnamon - Glazed French Toast Sticks w/ Turkey Sausage Links	Meatball Parm Hero w/ Fries	



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Monday 15	All-Beef Hot Dog on a Bun w/ Fries	Macaroni & Cheese w/ a Split Top Roll & Vegetable	<i>Deli Central</i>	Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches	<i>Thumann's</i>
Tuesday 16	Baked Ziti & Meatballs w/ a Split Top Dinner Roll	Popcorn Chicken Bowl w/ Mashed Potatoes, Corn & Gravy		Assorted Specialty Pizzas	PIZZA ZONE
Wednesday 17	Sweet & Sour Chicken Bowl w/ Rice & Broccoli	BBQ Chicken Sandwich w/ Lettuce, Tomato, Cheese & Fries	AMERICAN GRILLE	All-White Meat Chicken Nuggets w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns	
Thursday 18	Chicken Parm Hero w/ Fries	Boneless Wings w/ Buffalo Sauce & Mashed Potatoes	FRESH FARMISTAND	Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i>	<i>Daily Dish</i>
Friday 19	Philly Cheesesteak Hero w/ Fries	Buffalo Chicken Wrap w/ Mashed Potatoes			



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Monday 22	Chicken Nuggets w/ a Split Top Dinner Roll & Fries	Breaded Chicken Fillet with Cheese, Lettuce, and Ranch Dressing in a Wrap	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	Meatball Parm Hero w/ Fries		Assorted Specialty Pizzas	
Wednesday 24	Half A Day NO Lunch Service	Half a Day No Lunch Service	AMERICAN GRILLE	All-White Meat Chicken Nuggets 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					



FOOD ALLERGIES

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<p>Monday 29</p>	<p>Breaded Chicken on a Bun w/ Fries</p>	<p>Mozzarella Sticks w/ Marinara Sauce & Garlic Bread</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 Nuggets 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 Split Top Dinner Roll</p>	<p>Turkey Barge - Roast Turkey on Garlic Bread with Mozzarella Cheese w/ Fries</p>	



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