







ALLENDALE - BROOKSIDE MIDDLE SCHOOL – SEPTEMBER 2022



AVAILABLE DAILY

Monday 5	LABOR DAY			 <p>Grab & GO Boar's Head sandwiches</p>  <p> All-White Meat Chicken Tenders Chicken Nuggets Mozzarella Sticks Burgers on Buns Pizza</p>  <p> Chicken Caesar Salad Tuna Salad Platter Chef's Deli Salad</p> 
Tuesday 6	Whole Grain French Toast Sticks with Sausage	Jersey Sliders – Mini Cheeseburgers on Soft Wheat Buns with Caramelized Onions & American Cheese	Traditional Chef's Salad with Ham, Turkey, Cheese, Hard-Boiled Eggs, Lettuce & Tomato over Tossed Lettuce	
Wednesday 7	Pasta Bar – Assorted Pastas, Sauces & Toppings	Village Pizza	Chipotle Chicken with Romaine Lettuce, Olives, Cheddar Cheese, Tomato & Ranch Dressing	
Thursday 8	Sweet & Sour Chicken over Rice with Stir-Fried Vegetables	Buffalo Chicken Sandwich on Whole Wheat Bread	Vegan Mediterranean Salad w/ Falafel	
Friday 9	Italian Chicken Tenders with Marinara Dipping Sauce	Village pizza	Hot Boar's Head Ham & Cheese on a Croissant	

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



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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Monday 12	Boneless Wings w/dipping sauce	Spicy Buffalo Chicken Wrap	Grilled Chicken Caesar salad	 <p>Grab & GO Boar's Head sandwiches Tuna & Egg Salad Sandwiches or Wraps</p>  <p> All-White Meat Chicken Tenders Chicken Nuggets Mozzarella Sticks Burgers on Buns Pizza</p>  <p> Chicken Caesar Salad Tuna Salad Platter Chef's Deli Salad</p> 
Tuesday 13	Beef Gyro In a Pita	"Jersey Shore" Cheesesteak Hero with Onions & Peppers	Paris Café – Assorted Cheese Cubes with a Mini Croissant & Sweet Grapes	
Wednesday 14	Village Pizza	Meatball Parmesan Hero	Peach Mango Yogurt Parfait	
Thursday 15	Korean BBQ Chicken W/Stir Fried Vegetables	Mini Pancakes with Sausage & Hash Browns	Vegan Italian Chickpea Salad	
Friday 16	Village Pizza	Chicken Teriyaki w/ broccoli	Creamy Homemade Egg Salad over a bed of Romaine Lettuce with Garden Fresh Veggies	

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FOOD ALLERGIES



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Monday 19	Cheesesteak Hero on a Whole Grain Roll	Firecracker Spicy Chicken Wrap with Jack Cheese, Lettuce & Ranch Dressing	Chicken Ranch Roll-Ups with Baby Carrots & Ranch Dipping Sauce	 <p>Grab & GO Boar's Head sandwiches Tuna & Egg Salad Sandwiches or Wraps</p>  <p> All-White Meat Chicken Tenders Chicken Nuggets Mozzarella Sticks Burgers on Buns Pizza</p>  <p> Chicken Caesar Salad Tuna Salad Platter Chef's Deli Salad</p> 
Tuesday 20	Chicken Bowl – Mashed Potatoes topped with Corn, Crispy Chicken, Gravy & Cheese	Taco Tuesday	Cobb Salad with Crumbled Bacon & Hard-Boiled Egg over a bed of Baby Spinach	
Wednesday 21	Chicken Parmigiana On a Hero	Village Pizza	Very Berry Yogurt Parfait	
Thursday 22	Fiesta Nachos – Seasoned Taco Meat with Shredded Lettuce, Tomato & Cheese over Tortilla Chips	Baked Ziti with Fresh Garlic Bread	Vegan Mediterranean Salad w/ Falafel	
Friday 23	Spicy Breaded Chicken on a Roll	Village Pizza	Buffalo Chicken Salad – Spicy Chicken with Romaine Lettuce, Cucumber, Tomato & Blue Cheese Dressing	

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Monday 26	ROSH HASHANAH			 <p>Grab & GO Boar's Head sandwiches Tuna & Egg Salad Sandwiches or Wraps</p>   <p>All-White Meat Chicken Tenders Chicken Nuggets Mozzarella Sticks Burgers on Buns Pizza</p>  <p>Chicken Caesar Salad Tuna Salad Platter Chef's Deli Salad</p>
Tuesday 27	Spicy Cowboy Chili with a Garlic Knot	Meatball Parmesan Sandwich	Chef David's Roast Beef & Cheese Panini	
Wednesday 28	Village Pizza	Jersey Sliders – Mini Cheeseburgers on Soft Wheat Buns with Caramelized Onions & American Cheese	Peach Mango Yogurt Parfait	
Thursday 29	Grilled Cheese On Whole wheat Bread	Whole Grain French Toast Sticks with Sausage	Vegan Chickenless Nuggets w/Dipping Sauce	
Friday 30	BBQ Chicken Tenders w/Corn Bread	Village Pizza	Italian salad Platter	

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