



## Pomptonian Lunch FAQ:

### 1. **What food options are available daily at Brookside and Hillside?**

Deli Selections are offered each day on a variety of whole grain breads, rolls, and pitas. Students may select from a wide array of freshly sliced cold cuts, natural cheeses, and freshly made salads.

**Farm Fresh Salads:** A “Farm Stand” is available each day. The Farm Stand features a variety of fruit and fresh garden vegetables including, dark green and orange vegetables. Locally grown, Jersey Fresh produce is featured, in season. Salad meals include all the items that are part of a balanced meal.

**Fresh Fruits and Vegetables:** Each day a variety of fresh fruit and vegetables is offered as an accompaniment to the entrée selection. Students enjoy taking a “Trip to The Farm Stand” to complete their meal with their selection of fresh fruits and vegetables. Students enjoy dipping crudité in low-fat dressing. A variety of fresh whole fruit selections are always available.

### 2. **What is Village Fresh?**

It’s a menu option created for those seeking healthy eating options made simple.

### 3. **How much does it cost to order from the Village Fresh menu, what is included and how much more is this than the traditional lunch option?**

Village Fresh lunch costs \$4.50 and includes fresh fruits, fresh vegetables, and a choice of hormone free milk; traditional lunch cost is \$3.25.

### 4. **What does the term “all natural” mean in the Village Fresh menu?**

The food choices contain no antibiotics or hormones, are vegetarian fed and sustainable farmed.

### 5. **Can I substitute a different drink if my child does not want milk?**

Yes, other drink options are available.

### 6. **What cafeteria highlights are being continued?**

Pizza Warmer, Frozen Yogurt Machine and Village Fresh Menu.

### 7. **Are there daily gluten free options?**

Yes offered daily, just let us know in case food needs to be pre-ordered.

### 8. **Are menu options prepared based on manufacturers nutritional data or nutrient facts?**

Yes, no more than 8 grams of total fat per serving, with the exception of nuts and seeds and no more than 2 grams of saturated fat per serving.

### 9. **Where are all the meals prepared?**

All meals are prepared fresh daily right here in Allendale!