MARCH 2020

JEFFERSON TOWNSHIP
Elementary Schools

POMPTONIAN FOOD SERVICE

March is National Nutrition Month

Eat Right!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
At least 50% of All Grains served w/ your meal are Whole Grain Rich			**Fruits & vegetables from The Farm Stand are included with lunch.**	
Dr. Seuss Day 2 Green Eggs & Ham on a Bagel w/ Cheese OR Cheeseburger Sliders on Buns	3 Baked Mozzarella Sticks w/ Marinara Sauce OR Cheese Calzone w/ Marinara Sauce	4 Cheeseburger on a Bun OR Baked Macaroni & Cheese w/ a Dinner Roll	5 Pancakes w/ Smiley Fries, Turkey Bacon & Syrup OR Sausage, Egg & Cheese on a Croissant	6 Pizzeria Pizza OR Chicken Patty on a Bun
Weekly Deli Sandwich: Ham & Cheese on a Kaiser Roll w/ Lettuce & Tomato				**National School Breakfast Week**
9 Pizza Crunchers w/ Marinara Dipping Sauce OR Breaded Chicken Parmesan w/ Garlic Butter Noodles	10 Chicken Tenders w/ Dipping Sauce & a Roll OR Grilled Cheese Sandwich on Texas Toast w/ Tomato Soup	11 Nachos Grande w/ Turkey Taco Meat & Scoops Chips OR Cheese Quesadilla w/ Salsa	12 All-Beef Hot Dog on a Bun OR Max Cheese Sticks w/ Marinara Sauce	13 Pizzeria Pizza OR Meatball Parmesan on a Sub Roll
		Weekly Deli Sandwich: Turkey Breast on a Kaiser Roll w/ Lettuce & Tomato		
16 Popcorn Chicken w/ a Roll, Mashed Potatoes & Gravy OR Cheeseburger on a Brioche Roll	**ST. PATRICK'S DAY** 17 Baked Macaroni & Cheese w/ a Dinner Roll OR Baked Chicken Nuggets w/ a Roll	18 Baked Mozzarella Sticks w/ Marinara Sauce OR Cheese Ravioli in Marinara Sauce	19 Waffles w/ Sausage Links & Syrup OR Bacon, Egg & Cheese on a Croissant	20 Pizzeria Pizza OR Cheesesteak on a Roll ***SPRING BEGINS***
	Weekly Deli Sandwich: Baked Chicken Slider Sandwich on a Croissant w/ Lettuce, Tomato & Honey Mustard			
23 Chicken Sliders on Buns OR Cheese Calzone w/ Marinara Sauce	24 All-Beef Hot Dog on a Bun w/ Sweet Potato Fries OR Cheeseburger Sliders on Buns	25 Nachos or Tacos Grande w/ Turkey Taco Meat & Scoops Chips OR Bosco Cheese Sticks	26 French Toast Sticks w/ Pork Sausage Links OR Pork Roll, Egg & Cheese on a Brioche Roll	27 Pizzeria Pizza OR Cheeseburger on a Bun
Weekly Deli Sandwich: Turkey & Pepperoni w/ American Cheese & Lettuce on a Pan Roll				
30 Chicken Sliders on Buns OR Grilled Cheese Sandwich w/ Tomato Soup	31 Baked Chicken Nuggets w/ a Roll OR Baked Ziti w/ Garlic Bread	"This institution is an equal opportunity provider."		
	Weekly Deli Sandwich: Salami, Pepperoni & Provolone Cheese on a Tomato Basil Wrap			

Locally Grown Blueberries

Locally Grown Sweet Potatoes

ALSO AVAILABLE DAILY

SALAD LUNCH (each salad includes a Roll)
Chef's Salad: Tossed Greens w/ Turkey, Ham & Cheese
Chicken Caesar Salad: Tossed Greens w/ Sliced Chicken & Caesar Dressing
Green Salad: Tossed Greens w/ Cucumbers, Grape Tomatoes, Celery, Green Peppers, Broccoli & your choice of Egg or Cheese

BAGEL MEAL
Bagel w/ Cream Cheese, Low-Fat Cheese Sticks & a Trip to The Farm Stand

YOGURT LUNCH
4 oz. Yogurt, Cheese Stick, Pretzels, Bread & a Trip to The Farm Stand

DELI SANDWICH
Italian Mini Hero w/ Ham, Salami, Provolone Cheese, Lettuce & Tomato
Tuna on a Kaiser Roll w/ Lettuce & Tomato

ASSORTED BENTO BOXES
Including Fruit & Cheese Platter, Falafel, Hummus & Build-Your-Own Pizza

MAKE CHECKS PAYABLE TO:
JEFFERSON TOWNSHIP NUTRITION SERVICES

A Complete Lunch Includes:
Entrée (w/ Protein/Grain)
Trip to The Farm Stand
(students must select at least a serving of fruit or vegetable)
Milk Choice: 1% White, Skim, or Non-Fat Chocolate
Menu Subject to Change
Your comments are important to us. Please e-mail us at comments@pomptonian.com

FOOD ALLERGIES

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.