

# JEFFERSON TOWNSHIP HIGH SCHOOL

## OCTOBER 2021



Free meals for all students



Daily Dish

AMERICAN GRILLE

AVAILABLE DAILY

Monday 4	All-White Meat Chicken Tenders w/ a Split top Dinner Roll	Cheeseburger Sliders on Buns	<p><i>Deli Central</i></p> <p><b>Deli Bar</b> Assorted Grab &amp; Go Sandwiches</p> <p>Cheese Pizza Pepperoni Pizza Assorted Specialty Pizzas</p> <p><b>PIZZA ZONE</b></p> <p><i>FRESH FARMISTAND</i></p> <p>Assorted Grab &amp; Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p><b>Weekly Alternates:</b> Cheese Ravioli w/ Marinara Sauce &amp; a Dinner Roll</p>
Tuesday 5	Baked Ziti w/ a Split Top Dinner Roll	Crispy Chicken Fillet on a Kaiser Roll	
Wednesday 6	Lasagna Roll Up	Spicy Chicken Fillet on a Kaiser Roll	
Thursday 7	Ham, Egg, and Cheese on a Bagel	Cheesesteak Hoagie	
Friday 8	Chicken Teriyaki w/ Vegetable Fried Rice	All-White Meat Chicken Tenders w/ Fries	

**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](http://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](mailto: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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<b>Monday 11</b>	Chicken Nuggets w/ a Split Top Dinner Roll	Cheeseburger Sliders on Buns	<p><i>Deli Central</i></p> <p><b>Deli Bar</b> Assorted Grab &amp; Go Sandwiches</p> <p>Cheese Pizza Pepperoni Pizza Assorted Specialty Pizzas</p> <p><b>PIZZA ZONE</b></p> <p><i>FRESH FARMISTAND</i></p> <p>Assorted Grab &amp; Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p><b>Weekly Alternates:</b> Grilled Cheese Sandwich</p>
<b>Tuesday 12</b>	Macaroni & Cheese w/ a Split Top Dinner Roll	Crispy Chicken Fillet on a Kaiser Roll	
<b>Wednesday 13</b>	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops	Spicy Chicken Fillet on a Kaiser Roll	
<b>Thursday 14</b>	Buffalo Chicken Wrap w/ Ranch, Lettuce and Banana Peppers	All-White Meat Chicken Tenders w/ Fries	
<b>Friday 15</b>	Cinnamon-Glazed French Toast Sticks	Cheesesteak Hoagie	

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<b>Monday 18</b>	All-White Meat Chicken Tenders w/ a Split Top Dinner Roll	Bacon Cheeseburger on a Bun	<p><i>Deli Central</i></p> <p><b>Deli Bar</b> Assorted Grab &amp; Go Sandwiches</p> <p>Cheese Pizza Pepperoni Pizza Assorted Specialty Pizzas</p> <p><b>PIZZA ZONE</b></p> <p><i>FRESH FARMISTAND</i></p> <p>Assorted Grab &amp; Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p><b>Weekly Alternate:</b> Cheese Lasagna Roll-Up w/ a Split Top Dinner Roll</p>
<b>Tuesday 19</b>	Breaded Mozzarella Sticks	Crispy Chicken Fillet on a Kaiser Roll	
<b>Wednesday 20</b>	Pasta w/ Meatballs & a Garlic Seasoned Split Top Dinner Roll	Spicy Chicken Fillet on a Kaiser Roll	
<b>Thursday 21</b>	Turkey Bacon, Egg, Cheese on a Bagel	All-White Meat Chicken Tenders w/ Fries	
<b>Friday 22</b>	Sweet & Sour Chicken w/ Vegetable Fried Rice	Cheesesteak Hoagie	

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Monday 25	Chicken Nuggets w/ a Split Top Dinner Roll	Cheeseburger on a Bun	<p><i>Deli Central</i></p> <p><b>Deli Bar</b> Assorted Grab &amp; Go Sandwiches</p> <p>Cheese Pizza Pepperoni Pizza Assorted Specialty Pizzas</p> <p><b>PIZZA ZONE</b></p> <p><i>FRESH FARMISTAND</i></p> <p>Assorted Grab &amp; Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p><b>Weekly Alternate:</b> Pizza Crunchers</p>
Tuesday 26	Beacon Street Cheese Stuffed Stick w/ Marinara Sauce	Crispy Chicken Fillet on a Kaiser Roll	
Wednesday 27	Mini Pancakes w/ Sausage	Cheesesteak Hoagie	
Thursday 28	Chicken Sliders on Buns w/ Bacon	All-White Meat Chicken Tenders w/ Fries	
Friday 29	<p>Celebrate Halloween!</p> <p>Boo Burger w/ Monster Cheese</p> <p>Halloween Pretzel</p>	Spicy Chicken Fillet on a Kaiser Roll	



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