



JEFFERSON TOWNSHIP MIDDLE SCHOOL – OCTOBER 2021



Free meals for all students



AVAILABLE DAILY

Monday 4	All-White Meat Chicken Tenders w/ a Split top Dinner Roll	Cheeseburger Sliders on Buns	 <p>Deli Bar Assorted Grab & Go Sandwiches</p> <p>Assorted Specialty Pizzas</p>  <p>FRESH FARMISTAND</p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>Weekly Alternates: Cheese Ravioli w/ Marinara Sauce & 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	Frank's Pizza	Cheesesteak Hoagie	
Friday 8	Chicken Teriyaki w/ Vegetable Fried Rice	All-White Meat Chicken Tenders w/ Fries	



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

"This institution is an equal opportunity provider."



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Daily Dish



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

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

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Daily Dish



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Monday 25	All-White Meat Chicken Tenders w/ a Split Top Dinner Roll	Cheeseburger on a Bun	 <p>Deli Bar Assorted Grab & Go Sandwiches</p> <p>Assorted Specialty Pizzas</p>  <p>FRESH FARMSTAND</p> <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p>Weekly Alternate: 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	Spicy Chicken Fillet on a Kaiser Roll	
Thursday 28	Frank's Pizza	Cheesesteak Hoagie	
Friday 29	<p>Celebrate Halloween! Boo Burger w/ Monster Cheese</p> <p>Halloween Pretzel</p>	All-White Meat Chicken Tenders w/ Fries	

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