

JEFFERSON TOWNSHIP MIDDLE SCHOOL

FEBRUARY 2020



AVAILABLE DAILY

<p>Monday 3</p>	<p>Build-Your-Own Burrito Bar – Choose from Beef, Rice, Black Bean, Pinto Beans, Sautéed Vegetables, Roasted Corn Salsa, Hot Sauce, Shredded or Melted Cheese & Sour Cream</p>	<p>Meatball Parmesan on a Sub Roll</p>	<p><i>Deli Central</i></p> <p>Assorted Grab-&-Go Deli Sandwiches & Wraps Tuna Salad Sandwich PB&J Uncrustables</p> <p>Chicken Patty on a Bun Burgers on Buns Spicy Chicken Sandwich Cheesesteak Hero</p> <p><i>Daily Dish</i></p> <p>Assorted Bento Boxes; including Fruit & Cheese Platter, Falafel, Tuna Salad, Hummus & Build-Your-Own Pizza</p> <p>Yogurt Parfaits with Strawberries, Blueberries & your choice of toppings Assorted Grab-&-Go Salads; including Tossed Salad, Chef's Deli Salad, Garden Salad & Chicken Caesar Salad <i>Assorted salad selections are offered with a Roll</i></p> <p>AMERICAN GRILLE</p> <p>FRESH FARMISTAND</p>
<p>Tuesday 4</p>	<p>Teriyaki Chicken with Fried Rice & Veggies</p>	<p>Grilled Cheese Sandwich</p>	
<p>Wednesday 5</p>	<p>Wild Wing Wednesday – Assorted Chicken Wings & Sauces with a Roll</p>	<p>Spicy Chicken Sandwich with Honey Mustard, Pepper Jack Cheese & Pickles</p>	
<p>Thursday 6</p>	<p>Waffles with Syrup, Bacon & a Hash Brown</p>	<p>Mozzarella Sticks with Marinara Dipping Sauce</p>	
<p>Friday 7</p>	<p>Baked Macaroni & Cheese with a Dinner Roll</p>	<p>Chicken Bacon Ranch Wrap</p>	



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.

Fruits & vegetables from The Farm Stand are included with lunch.

A complete meal includes: Entrée with 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 with 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

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Monday 10	Baked Ziti	Italian-Style Hot Dog with Peppers, Onions & Potatoes on a Hero Roll	 Assorted Grab-&-Go Deli Sandwiches & Wraps Tuna Salad Sandwich PB&J Uncrustables Chicken Patty on a Bun Burgers on Buns Spicy Chicken Sandwich Cheesesteak Hero   Assorted Bento Boxes; including Fruit & Cheese Platter, Falafel, Tuna Salad, Hummus & Build-Your-Own Pizza Yogurt Parfaits with Strawberries, Blueberries & your choice of toppings Assorted Grab-&-Go Salads; including Tossed Salad, Chef's Deli Salad, Garden Salad & Chicken Caesar Salad <i>Assorted salad selections are offered with a Roll</i> 
Tuesday 11	Sweet & Sour Chicken with Stir-Fried Veggie Rice	Pork Roll, Egg & Cheese on a Roll	
Wednesday 12	French Toast Sticks with Sausage & Hash Browns	Cheeseburger Sliders with Bacon on Buns	
Thursday 13	Popcorn Chicken with Mashed Potatoes & Brown Gravy with a Roll	Mozzarella Sticks with Marinara Dipping Sauce	
Friday 14	Max Cheese Sticks with Dipping Sauce	Chicken Sliders with Bacon on Buns	



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Monday 17	The Sampler - Chicken Nuggets, Mozzarella Sticks & Breaded Pickle Chips	Chicken Patty Parmesan on a Sub Roll	 Assorted Grab-&-Go Deli Sandwiches & Wraps Tuna Salad Sandwich PB&J Uncrustables
Tuesday 18	Tacos or Nachos Grande Bar with choice of Turkey Taco Meat, Brown Rice, Corn Pico de Gallo, Salsa, Shredded Cheese & Sour Cream	Chicken Bacon Ranch Wrap	Chicken Patty on a Bun Burgers on Buns Spicy Chicken Sandwich Cheesesteak Hero 
Wednesday 19	General Tso's Chicken with Lo Mein & Stir-Fried Veggies	Bacon Cheeseburger on a Bun	 Assorted Bento Boxes; including Fruit & Cheese Platter, Falafel, Tuna Salad, Hummus & Build-Your-Own Pizza
Thursday 20	Waffle Sticks with Home Fries, Syrup & Bacon	Mozzarella Sticks with Marinara Sauce	Yogurt Parfaits with Strawberries, Blueberries & your choice of toppings Assorted Grab-&-Go Salads; including Tossed Salad, Chef's Deli Salad, Garden Salad & Chicken Caesar Salad <i>Assorted salad selections are offered with a Roll</i> 
Friday 21	Pasta Bar – Assorted Pastas with choice of Marinara, Pink, or Alfredo Sauce, Meatballs & Chicken	All-Beef Hot Dog on a Bun	



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WELLNESS WEEK



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<p>Monday 24</p>	<p>SMOOTHIE DAY! WITH BANANAS, STRAWBERRIES, BUEBERRIES</p>	<p>Build-Your-Own Chicken or Beef Sliders on Buns with Bacon, Cheese, `Lettuce & Tomato</p>	<p><i>Deli Central</i> Assorted Grab-&-Go Deli Sandwiches & Wraps Tuna Salad Sandwich PB&J Uncrustables</p>
<p>Tuesday 25</p>	<p>Chicken Penne in Pink Sauce with Peas</p>	<p>Bacon, Egg & Cheese on a Bun</p>	<p>Chicken Patty on a Bun Burgers on Buns Spicy Chicken Sandwich Cheesesteak Hero</p> <p>AMERICAN GRILLE</p>
<p>Wednesday 26</p>	<p>French Toast with Turkey Sausage & Applesauce</p>	<p>Meatball Parmesan on a Sub Roll</p>	<p><i>Daily Dish</i> Assorted Bento Boxes; including Fruit & Cheese Platter, Falafel, Tuna Salad, Hummus & Build-Your-Own Pizza</p>
<p>Thursday 27</p>	<p>OMELET DAY! -FRESH MADE TO ORDER-</p>	<p>Grilled Cheese Sandwich with Tomato Soup</p>	<p>Yogurt Parfaits with Strawberries, Blueberries & your choice of toppings Assorted Grab-&-Go Salads; including Tossed Salad, Chef's Deli Salad, Garden Salad & Chicken Caesar Salad Assorted salad selections are offered with a Roll</p> <p>FRESH FARMISTAND</p>
<p>Friday 28</p>	<p>SUSHI DAY! CALIFORNIA ROLLS AVOCADO ROLLS PHILLY ROLLS VEGETABLE ROLLS</p>	<p>Spicy Chicken Sandwich with Honey Mustard, Pepper Jack Cheese & Pickles</p>	



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