








Morris Hills Regional District Menu OCTOBER 2021



Free meals for all students



ENTRÉES AVAILABLE DAILY

Monday 4	All-White Meat Chicken Tenders w/ a Split top Dinner Roll	Mozzarella Sticks	 Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas  All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Bun Spicy Chicken Fillet on a Bun Cheeseburger on a Bun Pasta w/ Meatballs & Marinara Sauce Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i> Weekly Alternates: Cheese Ravioli w/ Marinara Sauce & a Dinner Roll  
Tuesday 5	Baked Ziti w/ a Split Top Dinner Roll	Mozzarella Sticks	
Wednesday 6	All-Beef Hot Dog on a Bun	Mozzarella Sticks	
Thursday 7	Chicken Teriyaki w/ Vegetable Fried Rice	Mozzarella Sticks	
Friday 8	Pizzeria Pizza	Mozzarella Sticks	



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.

A complete meal includes: Entrée w/ Protein/Grain, (students must select at least a serving of fruit or vegetable) & a Choice of Milk.

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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Monday 11	Columbus Day School Closed		<i>Deli Central</i>	Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches	
Tuesday 12	Macaroni & Cheese w/ a Split Top Dinner Roll	Pizza Crunchers		 Assorted Specialty Pizzas	PIZZA ZONE
Wednesday 13	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops	Pizza Crunchers	AMERICAN GRILLE	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Bun Spicy Chicken Fillet on a Bun Cheeseburger on a Bun	
Thursday 14	Cinnamon-Glazed French Toast Sticks	Pizza Crunchers		Pasta w/ Meatballs & Marinara Sauce	<i>Daily Dish</i>
Friday 15	Pizzeria Pizza	Pizza Crunchers		Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i>	
			Weekly Alternates: Grilled Cheese Sandwich		



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Monday 18	Chicken Parm on a Bun	Cheese Stuffed Sticks	 Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas  All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Bun Spicy Chicken Fillet on a Bun Cheeseburger on a Bun Pasta w/ Meatballs & Marinara Sauce  Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i> Weekly Alternates: Cheese Lasagna Roll-Up w/ a Split Top Dinner Roll
Tuesday 19	Breaded Mozzarella Sticks	Cheese Stuffed Sticks	
Wednesday 20	Pasta w/ Meatballs & a Split Top Dinner Roll	Cheese Stuffed Sticks	
Thursday 21	Sweet & Sour Chicken w/ Vegetable Fried Rice	Cheese Stuffed Sticks	
Friday 22	Pizzeria Pizza	Cheese Stuffed Sticks	



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Monday 25	All-White Meat Chicken Tenders w/ a Split Top Dinner Roll	Mozzarella Sticks	 Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas  All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Bun Spicy Chicken Fillet on a Bun Cheeseburger on a Bun Pasta w/ Meatballs & Marinara Sauce Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i> Weekly Alternates: Pizza Crunchers 
Tuesday 26	100% Beef Burger or Cheeseburger on a Bun	Mozzarella Sticks	
Wednesday 27	Mini Pancakes w/ Protein	Mozzarella Sticks	
Thursday 28	CELEBRATE HALLOWEEN! Mummy Hot Dog w/ Ghostly Mashed Potatoes or Boo Burger w/ Monster Cheese Halloween Pretzel	Mozzarella Sticks	
Friday 29	Pizzeria Pizza	Mozzarella Sticks	



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