

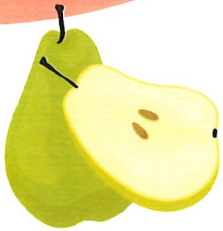


POMPTONIAN
FOOD SERVICE

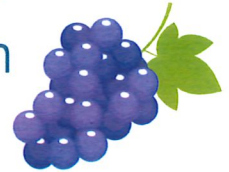
STUDENT VOTE DAY!

We are asking all students to try the local fruits and vegetables throughout September and October.

Then, from *October 31st to November 8th* cast your vote for your favorite fruit or vegetable.



Be sure to watch our campaign video to learn more about the locally grown produce on the ballot.



Fruit and Vegetable Campaign Video

<https://youtu.be/QKiLh6Yd1oA>



Cast your vote here!

<https://www.surveymonkey.com/r/5DLSP7R>





October 2022 KEARNY Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Popcorn Chicken w/ a Dinner Roll or Falafel Nuggets w/ a Dinner Roll or Ravioli w/ Marinara Sauce and Dinner Roll	4 Single Session Day No Lunch Served Weekly Sandwich: Ham & Cheese	5 Beef Empanadas w/ Rice and Beans or Pizza Crunchers Local Farm Fresh Grapes	6 French Toast Sticks w/ Sting Cheese or Grilled Cheese Sandwich	7 Pizzeria-Style Pizza
10 Schools Closed Weekly Sandwich: Ham & Cheese	11 Cheeseburger Sliders on a Buns Or Beacon Street Cheese Stuffed Bread Sticks w/ Marinara Dipping Sauce	12 Popcorn Chicken w/ a Dinner Roll or Mini Waffles w/ Sting Cheese Delicata Squash Soup Sample	13 All-Beef Hot Dog on a Bun or Chicken Filet on a Bun	14 Pizzeria-Style Pizza
17 Popcorn Chicken w/ a Dinner Roll or Plant Based Chicken Tenders w/ a Dinner Roll or Macaroni & Cheese w/ a Dinner Roll	18 Cheesesteak Hero or Cheese Stuffed Breadstick w/ Marinara Sauce	19 Macaroni & Cheese w/ a Dinner Roll or BBQ Ribs Hero Wild Rice Salad w/ Apples & Cranberries Local Farm Fresh Gala Apples	20 Sweet & Sour Chicken w/ Vegetable Fried Rice and Fortune Cookie or Grilled Cheese Sandwich	21 Pizzeria-Style Pizza Weekly Sandwich: Italian Hero
24 Cheeseburger on a Bun Or Cheese Stuffed Breadstick w/ Marinara Sauce	25 All-Beef Hot Dog on a Bun or Grilled Cheese Sandwich	26 3 Cheese Cavatappi w/ Dinner Roll or Cheesesteak Hero	27 French Toast Sticks w/ String Cheese or Meatball Parmesan Hero Weekly Sandwich: Ham & Cheese	28 Pizzeria-Style Pizza
31 Pizza Bagel w/ Boodle Noodle Soup or BBQ Chicken Hero	Weekly Sandwich: Ham & Cheese	TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS • Cash • On-line Visit "payschoolscentral.com"		Please be sure to replenish your child's lunch account

Complete Lunch Price: \$3.00 REMINDER:

Complete Breakfast Price: \$1.50

Also Available Daily:

Bagel & Yogurt Lunch w/ a Cheese Stick

Grilled Chicken Caesar Salad w/ a Roll

Chef Salad w/ a Roll

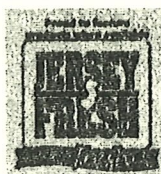
Garden Salad w/ a Roll

Hummus Bento Box



At least 80% of All Grains served w/ your meal are Whole Grain Rich

"This Institution is an equal opportunity provider."



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.

A Complete Lunch Includes:

Entrée (with Protein/Grain)

Trip to The Farm Stand
(students must select at least a serving of fruit or vegetable)

Hormone-Free Milk

Menu Subject to Change

Your comments are important to us. Please e-mail us at comments@pomptonian.com