

METUCHEN HIGH SCHOOL – December 2019



AVAILABLE DAILY

Monday 2	Vegetarian Chili over Brown Rice	Grilled Cheese Sandwich on Whole Wheat Bread
Tuesday 3	Burrito Bar – Chicken Fillet or Beef with Choice of Cilantro Lime Rice, Fiesta Corn, Seasoned Black Beans, Salsa, Sour Cream & Cheese	Chicken Nuggets with a Whole Grain Roll
Wednesday 4	Rib-B-Q on a Whole Grain Roll	Cool Ranch Twister - Chicken, Cheese, Ranch Dressing & Shredded Lettuce on a Tortilla
Thursday 5	Potato Tot Bowl - Baked Potato Tots with a variety of toppings <i>Please see Order Form for Topping Selections</i>	Meatball Hero on a Whole Wheat Hoagie
Friday 6	Garlic Hot Knots w/ Dipping Sauces	Spicy Chicken on a Kaiser Roll

Deli Central

Made-to-Order Thumann's Deli Bar
Assorted Grab & Go Sandwiches



Rotating Premium Specials

Assorted Specialty Pizzas, Baked Mozzarella Sticks, Stuffed Cheese Sticks, Burgers on Buns, Chicken Fillet Sandwich, Grilled Chicken Sandwich, All-Beef Frankfurter on a Bun, Cheesesteak Hero, Veggie Burger on a Bun, Fruit & Yogurt Parfait, Assorted Grab & Go Chicken Wraps



Daily Dish

Assorted Pasta Specials served daily

Assorted Grab & Go Salad Specials
Assorted salad selections are offered with a Roll



TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS

- Cash
 - Check
 - On-line
- Visit "payforit.net"



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.



Avoid the line by going on-line! To place your Xpress order visit www.orderyourdeli.com/metuchen



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.
Featuring "Meatless Monday" Options. Also available daily: Assorted cold beverages, soups, vegetables & fresh & chilled fruit bowl. 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 with your meal are Whole Grain Rich






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Monday 9	Crispy Battered Fish & Chips (Sweet Potato Fries) with Tartar Sauce & a Whole Wheat Roll	Grilled Cheese Sandwich on Whole Wheat Bread	 	Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches	
Tuesday 10	Burrito Bar – Chicken Fajita or Beef with Choice of Cilantro Lime Rice, Fiesta Corn, Seasoned Black Beans, Salsa, Sour Cream & Cheese	Chicken Nuggets with a Whole Grain Roll		<i>Rotating Premium Specials</i> Assorted Specialty Pizzas, Baked Mozzarella Sticks, Stuffed Cheese Sticks, Burgers on Buns, Chicken Fillet Sandwich, Grilled Chicken Sandwich, All-Beef Frankfurter on a Bun, Cheesesteak Hero, Veggie Burger on a Bun, Fruit & Yogurt Parfait, Assorted Grab & Go Chicken Wraps	
Wednesday 11	Roasted Chicken w/Gravy, Butternut Squash, Macaroni & Cheese Apple Crisp	Cool Ranch Twister - Chicken, Cheese, Ranch Dressing & Shredded Lettuce on a Tortilla		Assorted Pasta Specials served daily	
Thursday 12	Potato Tot Bowl - Baked Potato Tots with a variety of toppings <i>Please see Order Form for Topping Selections</i>	Meatball Hero on a Whole Wheat Hoagie		Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>	
Friday 13	Jersey Sliders - Twin Mini Cheeseburgers on Soft Wheat Buns	Chicken Fajita in a Pita		TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS • Cash • Check • On-line Visit "payforit.net"	



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Monday 16	Potato & Cheese Pierogi with Sour Cream	Grilled Cheese Sandwich on Whole Wheat Bread	<i>Deli Central</i>	Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches		
Tuesday 17	Burrito Bar – Chicken Fajita or Beef with Choice of Cilantro Lime Rice, Fiesta Corn, Seasoned Black Beans, Salsa, Sour Cream & Cheese	Chicken Nuggets with a Whole Grain Roll				<i>Daily Dish</i>
Wednesday 18	Roasted Turkey Carver with Melted Mozzarella Cheese	Cool Ranch Twister - Grilled Chicken, Cheese, Ranch Dressing & Shredded Lettuce on a Tortilla				
Thursday 19	Potato Tot Bowl - Baked Potato Tots with a variety of toppings <i>Please see Order Form for Topping Selections</i>	Meatball Hero on a Whole Wheat Hoagie Roll	Assorted Pasta Specials served daily			
Friday 20	Bulldog Bowl - Creamy Mashed Potatoes topped with Popcorn Chicken, Corn, Brown Gravy & Cheddar Cheese	Chicken Fajita in a Pita		Assorted Grab & Go Salad Specials Assorted salad selections are offered with a Roll		

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Monday 23			<i>Deli Central</i>	Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches		
Tuesday 24				<i>Rotating Premium Specials</i> Assorted Specialty Pizzas, Baked Mozzarella Sticks, Stuffed Cheese Sticks, Burgers on Buns, Chicken Fillet Sandwich, Grilled Chicken Sandwich, All-Beef Frankfurter on a Bun, Cheesesteak Hero, Veggie Burger on a Bun, Fruit & Yogurt Parfait, Assorted Grab & Go Chicken Wraps		
Wednesday 25				<i>Daily Dish</i>	Assorted Pasta Specials served daily	
Thursday 26					Assorted Grab & Go Salad Specials Assorted salad selections are offered with a Roll	
Friday 27					TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS • Cash • Check • On-line Visit "payforit.net"	

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Monday 30			Deli Central	Made-to-Order Thumann's Deli Bar Assorted Grab & Go Sandwiches <i>Rotating Premium Specials</i> Assorted Specialty Pizzas, Baked Mozzarella Sticks, Stuffed Cheese Sticks, Burgers on Buns, Chicken Fillet Sandwich, Grilled Chicken Sandwich, All-Beef Frankfurter on a Bun, Cheesesteak Hero, Veggie Burger on a Bun, Fruit & Yogurt Parfait, Assorted Grab & Go Chicken Wraps	
Tuesday 31					
			Daily Dish	Assorted Pasta Specials served daily Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>	



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