

# METUCHEN HIGH SCHOOL – NOVEMBER 2019



## AVAILABLE DAILY

Monday 4	Parent/Teacher Conferences Early Dismissal		Deli Central	<b>Made-to-Order Thumann's Deli Bar</b> 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 5	IN-SERVICE NO SCHOOL	IN-SERVICE NO SCHOOL			
Wednesday 6	Parent/Teacher Conferences Early Dismissal		Daily Dish	Assorted Pasta Specials served daily  Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>	
Thursday 7	NJEA Convention No School				
Friday 8					

### TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS

- Cash
  - Check
  - On-line
- Visit "[payforit.net](http://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](http://www.pomptonian.com).



Avoid the line by going on-line! To place your Xpress order visit [www.orderyourdeli.com/metuchen](http://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](mailto: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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<b>Monday 11</b>	French Toast Sticks with an Egg Omelet	Grilled Cheese Sandwich on Whole Wheat Bread	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p><i>Deli Central</i></p> <p><i>Daily Dish</i></p> </div> <div style="text-align: center;"> <p><b>Made-to-Order Thumann's Deli Bar</b> Assorted Grab &amp; Go Sandwiches</p> <p><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 &amp; Yogurt Parfait, Assorted Grab &amp; Go Chicken Wraps</p> <p>Assorted Pasta Specials served daily</p> <p>Assorted Grab &amp; Go Salad Specials Assorted salad selections are offered with a Roll</p> <p><b>TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS</b></p> <ul style="list-style-type: none"> <li>• Cash</li> <li>• Check</li> <li>• On-line</li> </ul> <p>Visit "payforit.net"</p> </div> <div style="text-align: center;">  <p><b>AMERICAN GRILLE</b></p> <p><b>FRESH FARMISTAND</b></p> </div> </div>
<b>Tuesday 12</b>	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	
<b>Wednesday 13</b>	Roasted Turkey w /Gravy, Mashed Potatoes, Corn, Cranberry Sauce & a Roll	Cool Ranch Twister – Grilled Chicken, Cheese, Ranch Dressing & Shredded Lettuce on a Tortilla	
<b>Thursday 14</b>	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	
<b>Friday 15</b>	Herb-Roasted Chicken with Mashed Potatoes & a Whole Wheat Roll	Chicken Fajita in a Pita	



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<b>Monday 18</b>	Roasted Turkey Carver with Melted Mozzarella Cheese	Grilled Cheese Sandwich on Whole Wheat Bread		<b>Made-to-Order Thumann's Deli Bar</b> Assorted Grab & Go Sandwiches	
<b>Tuesday 19</b>	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		 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	
<b>Wednesday 20</b>	General Tso's Chicken over Brown Rice	Cool Ranch Twister - Chicken, Cheese, Ranch Dressing & Shredded Lettuce on a Tortilla		Assorted Pasta Specials served daily	
<b>Thursday 21</b>	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 Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>	
<b>Friday 22</b>	Cheddar Cheese Quesadilla with Tomato Salsa	Chicken Fajita in a Pita		<b>TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS</b> • Cash                      • Check                      • On-line Visit "payforit.net"	

**FOOD ALLERGIES**

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<b>Monday 25</b>	Vegetarian Chili over Brown Rice	Grilled Cheese Sandwich on Whole Wheat Bread		<b>Made-to-Order Thumann's Deli Bar</b> Assorted Grab & Go Sandwiches	
<b>Tuesday 26</b>	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	
<b>Wednesday 27</b>	Early Dismissal No Lunch	Early Dismissal No Lunch		Assorted Pasta Specials served daily	
<b>Thursday 28</b>				Assorted Grab & Go Salad Specials Assorted salad selections are offered with a Roll	
<b>Friday 29</b>				<b>TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS</b> • Cash                      • Check                      • On-line Visit "payforit.net"	



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