

HOBOKEN HIGH – October 2019



Panini Place Available Daily

Monday 9/30	Rosh Hashanah School Closed	Deli Central	Made-to-Order Deli Bar Assorted Grab & Go Sandwiches & Wraps
Tuesday 1	Taco Tuesday – Seasoned Ground Beef with Cheese, Tomato & Salsa served with Mexican Rice	Spicy Chicken Sandwich	Homemade Chicken Salad over Mixed Greens
Wednesday 2	Wild Wing Wednesday – Assorted Chicken Wings & Sauces with a Roll	All-Beef Sliders on Buns	Oven Roast Turkey & Swiss Cheese on a Roll
Thursday 3	Chicken Bowl – Mashed Potatoes topped with Corn, Crispy Chicken, Gravy & Cheese with a Roll	Jamaican Beef Patty	Taco Salad – Beef, Tomatoes, Black Olives, Salsa, Cheddar Cheese, Sour Cream & Chips over Greens
Friday 4	Jumbo Cheese Ravioli with Pink Sauce	Sausage & Pepper Hero with Marinara Sauce & Mozzarella Cheese	Ham & Swiss Cheese on a Roll
			Chicken Fajita Melt on a Roll
			Asian Salad – Chicken, Oranges, Peppers & Chow Noodles over Greens with Asian Dressing
			Tuna Salad & Assorted Vegetables over Greens
			Salami & Provolone on a Roll
			Salad Bar
			Garden Salad
			7 Stars Pizzeria Pizza of Hoboken
			AMERICAN GRILLE
			Breakfast Sandwiches
			Sampler Platters
			FRESH FARMSTAND
			Chicken Caesar Salad
			Assorted salad selections offered with a Roll

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

Look for the NJ logo which shows items on the menu featuring locally grown items.



At least 50% of All Grains served w/ your meal are Whole Grain Rich



"This institution is an equal opportunity provider."

HOBOKEN HIGH – October 2019



DAILY AMERICAN GRILLE



Panini Place

AVAILABLE DAILY

		Deli Central		Made-to-Order Deli Bar Assorted Grab & Go Sandwiches & Wraps	
Monday 7	Chicken Sliders on Buns with Mashed Potatoes & Brown Gravy	Popcorn Chicken with Ranch Dipping Sauce & a Roll	Chicken Caesar Salad	Breaded Chicken Parmesan on a Roll	
Tuesday 8	Italian-Style Hot Dog with Peppers, Onions & Potatoes on a Hero Roll	“Jersey Shore” Cheesesteak Hero with Onions & Peppers	Double Scoop – Egg & Tuna Salad over Greens	Italian Melt – Ham, Salami & Provolone Cheese on a Roll	
Wednesday 9			Yom Kippur School Closed		
Thursday 10	Mario’s Spaghetti & Meatballs with Garlic Bread	BBQ Pulled Pork on a Bun	Homemade Chicken Salad over Mixed Greens	Buffalo Chicken Melt on a Roll	
Friday 11	French Toast Sticks with Sausage & Hash Browns	Spicy Chicken Sandwich	Chef’s Salad – Turkey, Ham, Cheese, Olives, Tomato, Cucumber & Hard-Boiled Egg over Greens	3 Cheese & Bacon Melt on Texas Toast	
				Salad Bar Garden Salad Chicken Caesar Salad Assorted salad selections offered with a Roll	FRESH FARMSTAND

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.

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HOBOKEN HIGH – October 2019



FRESH
FARMSTAND

DAILY
AMERICAN
GRILLE



Panini Place



Available Daily

		Columbus Day - School Closed	Deli Central	Made-to-Order Deli Bar
				Assorted Grab & Go Sandwiches & Wraps
Monday	14			
Tuesday	15	Ricotta & Mozzarella Cheese Stuffed Shells with Tomato Basil Sauce & a Dinner Roll	Jersey Sliders – Mini Cheeseburgers on Soft Buns	Antipasto Salad – Assorted Meats, Provolone Cheese, Red Onions, Roasted Red Peppers, Olives, Tomatoes & Italian Dressing
Wednesday	16	Barbecue Pulled Pork with Coleslaw on a Bun	Meatball Parmesan Hero	Cobb Salad – Turkey Bacon, Blue Cheese, Egg & Tomato over Greens
Thursday	17	Nachos Grande with Turkey Taco Meat, Brown Rice & Scoops Chips	Spicy Chicken Sandwich	Taco Salad – Beef, Tomatoes, Olives, Salsa, Cheddar Cheese, Sour Cream & Chips over Greens
Friday	18	Baked Macaroni & Cheese with a Dinner Roll	The Sampler – Baked Mozzarella Sticks & Chicken Nuggets with Dipping Sauces	Double Scoop - Egg & Tuna Salad over Greens
				Salami & Provolone on a Roll

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.

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Daily Dish
AMERICAN GRILLE



Panini Place

Available Daily

				Deli Central Made-to-Order Deli Bar Assorted Grab & Go Sandwiches & Wraps
Monday 21	Cheese Lasagna Roll up w/ Garlic Bread	Popcorn Chicken with Dip & a Roll	Tuna Salad & Assorted Vegetables over Greens	Breaded Chicken Parmesan on a Roll
Tuesday 22	Chicken Fajita Pita with Sautéed Peppers & Onions	All-Beef Sliders on Buns	Asian Salad – Chicken, Oranges, Peppers & Chow Noodles over Greens with Asian Dressing	Italian Melt – Ham, Salami & Provolone Cheese on a Roll
Wednesday 23	Wild Wing Wednesday – Assorted Chicken Wings & Sauces with a Roll	Grilled Taylor Ham, Egg & Cheese on a Roll	BLT Salad – Turkey Bacon, Tomato & Cheese over Greens	Meatball Parmesan on a Roll
Thursday 24	Baked Chicken with Broccoli & Brown Rice	Chicken Quesadilla	BLT Salad – Turkey Bacon, Lettuce & Tomato with Cheese over Greens	Buffalo Chicken Melt on a Roll
Friday 25	French Toast with Turkey Sausage & Applesauce	Buffalo Chicken Twister Wrap	Bruschetta Salad – Onions & Cheese over Greens with Balsamic Vinaigrette	3 Cheese & Bacon Melt on Texas Toast
				FRESH FARMSTAND Salad Bar Garden Salad Chicken Caesar Salad Assorted salad selections offered with a Roll

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.

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HOBOKEN HIGH – October 2019



Daily Dish



Panini Place

AMERICAN GRILLE

Available Daily

PIZZA ZONE					
Deli Central					Made-to-Order Deli Bar
Assorted Grab & Go Sandwiches & Wraps					7 Stars Pizzeria Pizza of Hoboken
Monday	Turkey Barge – Roast Turkey on Garlic Bread with Mozzarella Cheese	Meatball Parmesan Hero	Chicken Salad over Mixed Greens	Philly Style Cheesesteak on a Roll	AMERICAN GRILLE
Tuesday	Chicken Cordon Bleu on a Whole Grain Roll with Steak Fries	Barbecue Beef Ribs on a Bun with Coleslaw	Chef's Salad – Turkey, Ham, Cheese, Olives, Tomato, Cucumber & Hard-Boiled Egg over Greens	Oven Roast Turkey & Swiss Cheese on a Roll	Chicken Patty on a Bun Spicy Chicken Sandwich Burgers on Buns Breakfast Sandwiches Sampler Platters
Wednesday	Pasta Bar – Assorted Pastas, Sauces & Toppings with Meatball & Sliced French Bread	Spicy Chicken Sandwich	Tuna Salad & Assorted Vegetables over Greens	Ham & Swiss Cheese on a Roll	FRESH FARMSTAND
Thursday	Sweet & Sour Chicken & Broccoli over Jeweled Brown Rice	Beef Gyro w/ Lettuce, Tomato & Tzatziki Sauce	Buffalo Chicken Salad – Spicy Chicken, Celery & Light Ranch Dressing over Greens	Chicken Fajita Melt on a Roll	Salad Bar Garden Salad Chicken Caesar Salad Assorted salad selections offered with a Roll
Friday	Beef Chili garnished with Shredded Cheddar Cheese with a Roll	Buffalo Chicken Wrap with Ranch Dressing	Double Scoop - Egg & Tuna Salad over Greens	Salami & Provolone on a Roll	
11/1					

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.

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HOBOKEN MIDDLE SCHOOLS –

October 2019



Daily Dish Available Daily

Monday 9/30	Rosh Hashanah - School Closed
Tuesday 1	Baked Chicken Nuggets with a Dinner Roll & Sweet Potato Fries
Wednesday 2	Grilled Chicken served with Buttered Noodles
Thursday 3	Meatball Parmesan on a Roll
Friday 4	Pizzeria Pizza of Hoboken

Pizza Bagel
Dr. Praeger's Veggie Burger
Homemade Egg Salad Wrap
Homemade Baked Ziti

BENTO BOX LUNCH: includes assorted Fruits and Vegetables
Breakfast Sampler: Yogurt Cup, Granola, Cheese Stick and Muffin



Assorted Grab & Go Sandwiches & Wraps



7 Stars Pizzeria Pizza of Hoboken



Chicken Patty on a Bun
Spicy Chicken Sandwich
Burgers on Buns
Breakfast Sandwiches
Sampler Platters



Salad Bar
Garden Salad
Chicken Caesar Salad
Assorted salad selections offered with a Roll



Items highlighted in green are vegetarian

Fruits & vegetables from
The Farm Stand are
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HOBOKEN MIDDLE SCHOOLS –

October 2019



Available Daily

		BENTO BOX LUNCH: includes assorted Fruits and Vegetables Under the Sea: Tuna Salad with Goldfish Crackers and Pita	
		Assorted Grab & Go Sandwiches & Wraps	
		7 Stars Pizzeria Pizza of Hoboken	
Monday 7	Macaroni & Cheese with a Dinner Roll & Roasted Vegetables	Breakfast For Lunch: Egg & Cheese Sandwich on a Croissant	
Tuesday 8	Cheesesteak Hoagie	Lasagna Rollup with Marinara Sauce	
Wednesday 9	Yom Kippur - School Closed		
Thursday 10	Wild Wing Wednesday – Boneless Chicken with Your Choice of Sauce & a Roll	Sunbutter & Jelly Pinwheels	
Friday 11	Pizzeria Pizza of Hoboken	Roasted Vegetable & Mozzarella Wrap	

Deli Central

AMERICAN GRILLE

FRESH FARMSTAND

PIZZA ZONE

Salad Bar
Garden Salad
Chicken Caesar Salad
Assorted salad selections offered with a Roll

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HOBOKEN MIDDLE SCHOOLS –

October 2019



Available Daily

Monday 14	Columbus Day - School Closed
Tuesday 15	Cheesesteak on a Bun with Oven Fries
Wednesday 16	BBQ Grilled Chicken Sandwich
Thursday 17	Popcorn Chicken with Dip & a Roll
Friday 18	Pizzeria Pizza of Hoboken

BENTO BOX LUNCH: includes assorted Fruits and Vegetables
Hummus Cup, with Cheese Stick and Pita Triangles

Assorted Grab & Go Sandwiches & Wraps

Deli Central
PIZZA ZONE

7 Stars Pizzeria Pizza of Hoboken

Chicken Patty on a Bun
Spicy Chicken Sandwich
Burgers on Buns
Breakfast Sandwiches
Sampler Platters

FRESH FARMSTAND
Salad Bar
Garden Salad
Chicken Caesar Salad
Assorted salad selections offered with a Roll

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HOBOKEN MIDDLE SCHOOLS –

October 2019



AVAILABLE DAILY

Monday 21	Beef or Vegetable Cheese & Rice Burrito	Vegetarian Chili with Corn Tortilla Chips
Tuesday 22	Macaroni & Cheese with a Dinner Roll & Roasted Vegetables	Homemade Egg Salad Wrap
Wednesday 23	Wild Wing Wednesday – Boneless Chicken with Your Choice of Sauce & a Roll	Hummus & Vegetable Wrap
Thursday 24	French Toast Sticks with Sausage Links	Sunbutter & Jelly Sandwich
Friday 25	Pizzeria Pizza of Hoboken	Bruschetta & Mozzarella Salad

BENTO BOX LUNCH: includes assorted Fruits and Vegetables
Hummus Cup, with Cheese Stick and Pita Triangles

Assorted Grab & Go Sandwiches & Wraps

Deli Central
PIZZA ZONE

7 Stars Pizzeria Pizza of Hoboken

Chicken Patty on a Bun
Spicy Chicken Sandwich
Burgers on Buns
Breakfast Sandwiches
Sampler Platters

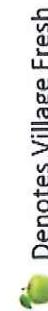
FRESH FARMSTAND
Salad Bar
Garden Salad
Chicken Caesar Salad
Assorted salad selections offered with a Roll

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HOBOKEN MIDDLE SCHOOLS –

October 2019



Daily Dish

FRESH FARMSTAND

Monday 28	Crispy Chicken Sandwich on a Bun with Lettuce & Tomato	Fiesta Salad with Corn & Bean Salsa Served w/ Tortilla Chips
Tuesday 29	Meatballs Marinara or Falafel Tots with Spaghetti	Roasted Vegetable & Mozzarella Wrap
Wednesday 30	Cheeseburger on a Bun with a Side Salad	Sunbutter & Jelly Pinwheels
Thursday 31	Sweet & Sour Chicken with Veggie Fried Rice	Homemade Tuna Salad & Assorted Vegetables over Mixed Greens
Friday 11/1	Pizzeria Pizza of Hoboken	Fiesta Rice & Beans Bowl



BENTO BOX LUNCH: includes assorted Fruits and Vegetables
Fruit and Cheese Platter: Assorted Cheeses with Pita Triangles & Heartzels

Deli Central

Assorted Grab & Go Sandwiches & Wraps

PIZZA ZONE

7 Stars Pizzeria Pizza of Hoboken

AMERICAN GRILLE

Chicken Patty on a Bun
Spicy Chicken Sandwich
Burgers on Buns
Breakfast Sandwiches
Sampler Platters

FRESH FARMSTAND

Salad Bar
Garden Salad
Chicken Caesar Salad
Assorted salad selections offered with a Roll

Items highlighted in green are vegetarian



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HOBOKEN ELEMENTARY SCHOOLS –

October 2019



FRESH & FARMSTAND

Available Daily

Monday 9/30	Rosh Hashanah School Closed
Tuesday 1	Baked Chicken Nuggets with a Dinner Roll & Sweet Potato Fries
Wednesday 2	Grilled Chicken served with Buttered Noodles
Thursday 3	Meatball Parmesan on a Roll
Friday 4	Pizzeria Pizza of Hoboken

BENTO BOX LUNCH: Includes **assorted Fruits and Vegetables**
 Breakfast Sampler: Yogurt Cup, Granola, Cheese Stick and Muffin

SALAD LUNCH (each salad includes **Sliced French Bread**)
 Garden Salad: Tossed Greens with Seasonal Vegetables & Cheese
 Assorted Salads Available Daily

BAGEL MEAL
 Bagel with Cream Cheese, Low-Fat Cheese Sticks & a Trip to The Farm Stand

YOGURT LUNCH
 4 oz. Yogurt, Cheese Stick, Pretzels, Sliced Bread & a Trip to The Farm Stand

DELI LUNCH: Assorted Sandwiches Available Daily

Items highlighted in green are vegetarian
**Fruits & vegetables from
The Farm Stand are
included with lunch.**



A Complete Lunch Includes:
 Entrée (with Protein/Grain)
 Trip to The Farm Stand
 (students must select at least a serving of fruit or vegetable)
 Milk Choice: 1% White, Skim, or Non-Fat Chocolate

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HOBOKEN ELEMENTARY SCHOOLS -

October 2019



Daily Dish Fresh Farmstand Available Daily

Monday 7	Macaroni & Cheese with a Dinner Roll & Roasted Vegetables	Breakfast: Egg & Cheese Sandwich on a Croissant Lunch: Egg & Cheese Sandwich on a Croissant	BENTO BOX LUNCH: includes assorted Fruits and Vegetables Under the Sea: Tuna Salad with Goldfish Crackers and Pita
Tuesday 8	Cheesesteak Hoagie	Lasagna Rollup with Marinara Sauce	SALAD LUNCH (each salad includes Sliced French Bread) Garden Salad: Tossed Greens with Seasonal Vegetables & Cheese Assorted Salads Available Daily
Wednesday 9		YOGURT LUNCH 4 oz. Yogurt, Cheese Stick, Pretzels, Sliced Bread & a Trip to The Farm Stand	DELI LUNCH: Assorted Sandwiches Available Daily
Thursday 10		BAGEL MEAL Bagel with Cream Cheese, Low-Fat Cheese Sticks & a Trip to The Farm Stand	Fruits & vegetables from THE FARM STAND The Farm Stand are included with lunch.
Friday 11		Yom Kippur School Closed	A Complete Lunch Includes: Entrée (with Protein/Grain) Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) Milk Choice: 1% White, Skim, or Non-Fat Chocolate

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HOBOKEN ELEMENTARY SCHOOLS –

October 2019



Available Daily

	Columbus Day School Closed
Monday 14	
Tuesday 15	Cheesesteak on a Bun with Oven Fries
Wednesday 16	BBQ Grilled Chicken Sandwich
Thursday 17	Popcorn Chicken with Dip & a Roll
Friday 18	Pizzeria Pizza of Hoboken

BENTO BOX LUNCH: includes assorted Fruits and Vegetables

Hummus Cup, with Cheese Stick and Pita Triangles

SALAD LUNCH (each salad includes Sliced French Bread)
Garden Salad: Tossed Greens with Seasonal Vegetables & Cheese
Assorted Salads Available Daily

BAGEL MEAL

Bagel with Cream Cheese, Low-Fat Cheese Sticks & a Trip to The Farm Stand

YOGURT LUNCH

4 oz. Yogurt, Cheese Stick, Pretzels, Sliced Bread & a Trip to The Farm Stand

DELI LUNCH: Assorted Sandwiches Available Daily

Items highlighted in green are vegetarian



A Complete Lunch Includes:

Entrée (with Protein/Grain)

Trip to The Farm Stand

(students must select at least a serving of fruit or vegetable)

Milk Choice: 1% White, Skim, or Non-Fat Chocolate

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HOBOKEN ELEMENTARY SCHOOLS -

October 2019



Available Daily

Monday 21	Beef or Vegetable Cheese & Rice Burrito	Vegetarian Chili with Corn Tortilla Chips	BENTO BOX LUNCH: includes assorted Fruits and Vegetables Fruit and Local Yogurt Parfait with Muffin
Tuesday 22	Macaroni & Cheese with a Dinner Roll & Roasted Vegetables	Homemade Egg Salad Wrap	SALAD LUNCH (each salad includes Sliced French Bread) Garden Salad: Tossed Greens with Seasonal Vegetables & Cheese Assorted Salads Available Daily
Wednesday 23	Wild Wing Wednesday – Boneless Chicken with Your Choice of Sauce & a Roll	Hummus & Vegetable Wrap	BAGEL MEAL Bagel with Cream Cheese, Low-Fat Cheese Sticks & a Trip to The Farm Stand YOGURT LUNCH 4 oz. Yogurt, Cheese Stick, Pretzels, Sliced Bread & a Trip to The Farm Stand DELI LUNCH: Assorted Sandwiches Available Daily
Thursday 24	French Toast Sticks with Sausage Links	Sunbutter & Jelly Sandwich	Fruits & vegetables from The Farm Stand are included with lunch.
Friday 25	Pizzeria Pizza of Hoboken	Bruschetta & Mozzarella Salad	A Complete Lunch Includes: Entrée (with Protein/Grain) Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) Milk Choice: 1% White, Skim, or Non-Fat Chocolate

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HOBOKEN ELEMENTARY SCHOOLS –

October 2019



Available Daily

Monday 28	Crispy Chicken Sandwich on a Bun with Lettuce & Tomato	Fiesta Salad with Corn & Bean Salsa Served w/ Tortilla Chips	BENTO BOX LUNCH: includes assorted Fruits and Vegetables & Fruit and Cheese Platter: Assorted Cheeses with Pita Triangles & Heartzels	
Tuesday 29	Meatballs Marinara or Falafel Tots with Spaghetti	Roasted Vegetable & Mozzarella VWrap	SALAD LUNCH (each salad includes Sliced French Bread) Garden Salad: Tossed Greens with Seasonal Vegetables & Cheese Assorted Salads Available Daily	
Wednesday 30	Cheeseburger with a Side Salad	Sunbutter & Jelly Pinwheels	BAGEL MEAL Bagel with Cream Cheese, Low-Fat Cheese Sticks & a Trip to The Farm Stand	
Thursday 31	Sweet & Sour Chicken with Veggie Fried Rice	Homemade Tuna Salad & Assorted Vegetables over Mixed Greens	YOGURT LUNCH 4 oz. Yogurt, Cheese Stick, Pretzels, Sliced Bread & a Trip to The Farm Stand	
Friday 11/1	Pizzeria Pizza of Hoboken	Fiesta Rice & Beans Bowl	DELI LUNCH: Assorted Sandwiches Available Daily	
			Items highlighted in green are vegetarian	
			Fruits & vegetables from THE FARM STAND	
			A Complete Lunch Includes: Entrée (with Protein/Grain) Trip to The Farm Stand	
			(students must select at least a serving of fruit or vegetable) Milk Choice: 1% White, Skim, or Non-Fat Chocolate	

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OCTOBER HOBOKEN

2019

St. Francis, Demarest, & Calabro
Schools Lunch Menu



POMPTONIAN
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Popcorn Chicken w/ Dip & a Roll	2 Cheese Ravioli with Marinara Sauce	3 Cheeseburger on a Bun with Tots	4 Pizzeria Pizza of Hoboken
7 2 Chicken Sliders on Buns w/ Mashed Potatoes	8 Stuffed Mozzarella Cheese Bread w/ Marinara Sauce	9 Yom Kippur School Closed	10 Cheesesteak on a Bun	11 Pizzeria Pizza of Hoboken
COLUMBUS DAY 14 Nachos Grande w/ Turkey Taco Meat, Brown Rice & Tortilla Chips	15 Baked Chicken Nuggets w/ a Roll	16 Meatball Parmesan on a Roll	17 Baked Macaroni & Cheese w/ a Dinner Roll	18 Pizzeria Pizza of Hoboken
21 Popcorn Chicken w/ Dip & a Roll	22 2 Stuffed Breadsticks w/ Marinara Sauce	23 Wild Wing Wednesday - Boneless Chicken w/ Your Choice of Sauce & a Roll	24 French Toast Sticks w/ Sausage Links	25 Pizzeria Pizza of Hoboken
28 Chicken Patty on a Bun w/ Corn Niblets	29 Baked Mozzarella Sticks w/ Marinara Sauce	30 Cheeseburger on a Bun	HALLOWEEN 31 Sweet & Sour Chicken w/ Veggie Fried Rice	JERSEY FRESH <small>As Fresh As Fresh Gets</small>

ALSO AVAILABLE DAILY

DELI SANDWICH

- Week 1: Tuna on a Kaiser Roll w/ Lettuce & Tomato
- Week 2: Ham on a Wrap w/ Lettuce & Tomato
- Week 3: Turkey & Cheese on a Wrap w/ Lettuce & Tomato
- Week 4: Italian Mini Hero w/ Ham, Salami, Provolone Cheese, Lettuce & Tomato
- Week 5: Ham & Cheese on a Kaiser Roll w/ Lettuce & Tomato



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w/ your meal are Whole Grain Rich

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A Complete Lunch Includes:

- Entrée (w/ Protein/Grain)
- Fruit of the Day
- Vegetable of the Day
- Milk Choice: 1% White, Skim,
or Non-Fat Chocolate

Menu Subject to Change

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Please e-mail us at
comments@pomptonian.com



Locally Grown
Pumpkins



OCTOBER HOBOKEN

2019

Elementary Schools
Breakfast Menu



POMPTONIAN
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Bagel w/ Cream Cheese	2 Fruit Yogurt Parfait w/ Granola	3 Sausage & Cheese on a Whole Grain Roll	4 Oatmeal Raisin Breakfast Bar
7 Egg & Cheese on a Croissant	8 Low-Fat Yogurt w/ Graham Crackers	9 Yom Kippur School Closed	10 Large Whole Grain Apple Cinnamon Muffin	11 Warm Pillsbury Apple Frudel
14 COLUMBUS DAY School Closed	15 Kaiser Roll w/ Jelly	16 Sausage & Cheese on a Whole Grain Roll	17 French Toast w/ Syrup	18 Warm Blueberry Muffin
21 Bagel w/ Cream Cheese	22 Fruit Yogurt Parfait w/ Granola	23 Egg & Cheese on a Croissant	24 Oatmeal Raisin Breakfast Bar	25 Whole Grain Apple Cinnamon Muffin
28 Kaiser Roll w/ Jelly	29 Sausage & Cheese on a Whole Grain Roll	30 Eggo Mini Waffle w/ Syrup	HALLOWEEN 31 Warm Pillsbury Apple Frudel	JERSEY FRESH <small>As Fresh As Fresh Gets</small>

Breakfast includes Entrée (Bread/Grain), 1 cup Fresh or Cupped Fruit & 100% Juice,
plus Milk Choice (1% Low-Fat, Non-Fat Chocolate, Skim)

Daily Alternate Choices include:

Assorted Cereals w/ Bread
Bagels



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NATIONAL
FARM to SCHOOL
MONTH





HOBOKEN Middle School Breakfast Menu


POMPTONIAN
FOOD SERVICE

2019-2020

AVAILABLE DAILY

Assorted Whole Grain Cereals with Graham Crackers

Assorted Bagels with Cream Cheese, Butter, or
Sunbutter

Local Yogurt Parfaits

Assorted Whole Grain Muffins

Whole Grain Croissant with Hard Boiled Egg

Assorted Hot Oatmeal

Breakfast includes Entrée (Bread/Grain),
plus, 2 - 1/2 cup servings of Fresh and/or Cupped Fruit
or 1/2 cup 100% Juice and 1/2 cup Fresh or Cupped Fruit,
plus Milk Choice (1% Low-Fat, Non-Fat Chocolate, Skim)



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OCTOBER HOBOKEN

2019

High School
Breakfast Menu



POMPTONIAN
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Turkey Bacon, Egg & Cheese on a Bagel	2 French Toast Sticks w/ Sausage & Syrup	3 Pillsbury Pancakes w/ Sausage & Syrup	4 Taylor Ham, Egg & Cheese on a Kaiser Roll
7 Sausage, Egg & Cheese on a Kaiser Roll	8 Turkey Bacon, Egg & Cheese on a Bagel	9 Yom Kippur School Closed	10 Pillsbury Pancakes w/ Sausage & Syrup	11 Taylor Ham, Egg & Cheese on a Kaiser Roll
COLUMBUS DAY 14 School Closed	15 Turkey Bacon, Egg & Cheese on a Bagel	16 French Toast Sticks w/ Sausage & Syrup	17 Pillsbury Pancakes w/ Sausage & Syrup	18 Taylor Ham, Egg & Cheese on a Kaiser Roll
21 Sausage, Egg & Cheese on a Kaiser Roll	22 Turkey Bacon, Egg & Cheese on a Bagel	23 French Toast Sticks w/ Sausage & Syrup	24 Pillsbury Pancakes w/ Sausage & Syrup	25 Taylor Ham, Egg & Cheese on a Kaiser Roll
28 Sausage, Egg & Cheese on a Kaiser Roll	29 Turkey Bacon, Egg & Cheese on a Bagel	30 French Toast Sticks w/ Sausage & Syrup	HALLOWEEN 31 Pillsbury Pancakes w/ Sausage & Syrup	JERSEY FRESH <small>As Fresh As It Gets</small>

Breakfast includes Entrée (Bread/Grain), 1 cup Fresh or Cupped Fruit & 100% Juice, plus Milk Choice (1% Low-Fat, Non-Fat Chocolate, Skim)

Daily Alternate Choices include:

Assorted Cereals w/ Bread
Bagels & Muffins



At least 50% of All Grains served w/ your meal are Whole Grain Rich

"This institution is an equal opportunity provider."



NATIONAL
FARM to
SCHOOL
MONTH

