







# PARAMUS WEST BROOK MIDDLE SCHOOL

## MARCH 2020



### AVAILABLE DAILY

<b>Monday</b> 2	Cheese Ravioli with Tomato Basil Sauce & Garlic Bread	Pizza Bagel – Plain or Pepperoni	Bruschetta Panini with Grilled Chicken, Tomatoes, Red Onion & Provolone Cheese	 <p><b>Made-to-Order Deli Bar</b></p>  <p>Mangiamo's Pizzeria Pizza</p>  <p>Breaded Chicken Fillet Sandwich Spicy Breaded Chicken Fillet Sandwich All-White Meat Chicken Tenders with Fries Burgers on Buns Popcorn Chicken Mozzarella Sticks</p>  <p>Pasta with Meatballs &amp; Marinara Sauce</p>  <p>Salad Bar</p> 
<b>Tuesday</b> 3	All-Beef Hot Dog on a Bun with Choice of Toppings	All-Beef Gyro with Lettuce, Tomato & Tzatziki Sauce	Breaded Chicken Fillet & Turkey Bacon Panini with Ranch Dressing	
<b>Wednesday</b> 4	Oven-Fried Chicken with Mashed Potatoes & a Dinner Roll	Chicken & Cheddar Cheese Burrito	Chicken Ranch Panini with a Breaded Chicken Fillet, American Cheese & Ranch Dressing	
<b>Thursday</b> 5	Build-Your-Own Rice Bowl – Choice of Chicken or Beef with Assorted Toppings & Sauces	Meatball Parmesan Hero	Roasted Vegetable Panini with Provolone Cheese, Roasted Peppers & Balsamic Vinaigrette	
<b>Friday</b> 6	General Tso's Chicken with Broccoli over Rice	Spicy Breaded Chicken Fillet Wrap with Ranch Dressing	Italian Sub Panini with Ham, Salami, Provolone Cheese & Balsamic Vinaigrette	



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).

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. 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](mailto:comments@pomptonian.com). Menu Subject to Change

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<b>Monday 9</b>	All-American Grilled Cheese Sandwich with Tomato Soup	Beef Sliders on Buns with Curly Fries	Spicy Chicken Panini with a Spicy Breaded Chicken Fillet, Pepper Jack Cheese & Ranch Dressing	 <p><b>Made-to-Order Deli Bar</b></p>  <p>Mangiamo's Pizzeria Pizza</p>  <p>Breaded Chicken Fillet Sandwich Spicy Breaded Chicken Fillet Sandwich All-White Meat Chicken Tenders with Fries Burgers on Buns Popcorn Chicken Mozzarella Sticks</p> <p>Pasta with Meatballs &amp; Marinara Sauce</p>  <p>Salad Bar</p> 
<b>Tuesday 10</b>	Chicken & Waffles – All-White Meat Chicken Tenders & Belgian Waffle Triangles served with Honey Mustard & Syrup	Sausage, Egg & Cheese on a Bagel	Chicken Parmesan Panini with a Breaded Chicken Fillet, Marinara Sauce & Mozzarella Cheese	
<b>Wednesday 11</b>	Build-Your-Own Burrito – Choice of Chicken or Beef with Assorted Toppings	“Jersey Shore” Cheesesteak Hero with Onions & Peppers	Italian Sub Panini with Ham, Salami, Provolone Cheese & Balsamic Vinaigrette	
<b>Thursday 12</b>	Swedish Meatballs in a Light Brown Gravy over Noodles	Chicken & Cheese Quesadilla	The Dagwood Panini with Turkey, Roast Beef, Ham & Swiss Cheese	
<b>Friday 13</b>	Baked Macaroni & Cheese with a Dinner Roll	Fajita Melt – Sub Roll with Fajita Chicken, Onions, Peppers, Salsa & Pepper Jack Cheese	Breaded Chicken Panini with a Breaded Chicken Fillet, Provolone Cheese & Honey Mustard Dressing	



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<b>Monday 16</b>	Sweet & Sour Chicken with Broccoli over Rice	Turkey Bacon Cheeseburger with Oven Fries	Buffalo Chicken Panini with a Spicy Chicken Fillet, Pepper Jack Cheese & Ranch Dressing	 <p><b>Made-to-Order Deli Bar</b></p>  <p>Mangiamo's Pizzeria Pizza</p>  <p>Breaded Chicken Fillet Sandwich Spicy Breaded Chicken Fillet Sandwich All-White Meat Chicken Tenders with Fries Burgers on Buns Popcorn Chicken Mozzarella Sticks</p> <p>Pasta with Meatballs &amp; Marinara Sauce</p>  <p><b>FRESH FARMISTAND</b></p> <p>Salad Bar</p>
<b>Tuesday 17</b>	Homemade Pepperoni Stromboli	Macaroni & Cheese	Chicken Bruschetta Panini with Chicken, Tomatoes, Red Onion & Provolone Cheese	
<b>Wednesday 18</b>	Build-Your-Own Noodle Bowl – Choice of Beef or Chicken with Choice of Toppings	Popcorn Shrimp Boat with Fries	Chicken Capri Panini with Marinated Grilled Chicken Fillet, Roasted Peppers, Mozzarella Cheese & Balsamic Dressing	
<b>Thursday 19</b>	Chicken Bowl – Mashed Potatoes topped with Corn, Crispy Chicken, Gravy & Cheese with a Roll	Meatball Parmesan Hero	Italian Sub Panini with Ham, Salami, Provolone Cheese & Balsamic Vinaigrette	
<b>Friday 20</b>	Crispy Battered Fish & Chips with Tartar Sauce & a Roll	“Firecracker” Spicy Breaded Chicken Fillet Wrap with Jack Cheese, Lettuce, Tomato & Ranch Dressing	Chicken Club Panini with Breaded Chicken Fillet, Provolone Cheese, Bacon, Tomato & Garlic Mayonnaise	



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<b>Monday</b> 23	All-American Grilled Cheese Sandwich with Tomato Soup	All-White Meat Chicken Bites with Dip & a Roll	Breaded Chicken Panini with a Breaded Chicken Fillet, Provolone Cheese & Honey Mustard Dressing	 <p><b>Made-to-Order Deli Bar</b></p>  <p>Mangiamo's Pizzeria Pizza</p>  <p>Breaded Chicken Fillet Sandwich Spicy Breaded Chicken Fillet Sandwich All-White Meat Chicken Tenders with Fries Burgers on Buns Popcorn Chicken Mozzarella Sticks</p> <p>Pasta with Meatballs &amp; Marinara Sauce</p>  <p>Salad Bar</p>  
<b>Tuesday</b> 24	Baked Potato Bar with Choice of Toppings	"Jersey Shore" Cheesesteak Hero with Onions & Peppers	Chicken Caesar Wrap with Grilled Chicken, Provolone Cheese, Lettuce & Caesar Dressing	
<b>Wednesday</b> 25	Breaded Chicken Fillet Parmesan with a Side of Pasta & Garlic Bread	Grilled Taylor Ham, Egg & Cheese on a Roll	Pepperoni Pizza Panini with Pepperoni, Mozzarella Cheese & Marinara Sauce	
<b>Thursday</b> 26	Roast Beef & Gravy Sandwich	Breaded Chicken Fillet with Provolone Cheese on a Sub Roll	Buffalo Chicken Panini with a Spicy Breaded Chicken Fillet, Pepper Jack Cheese & Ranch Dressing	
<b>Friday</b> 27	General Tso's Chicken with Broccoli over Rice	Roasted Vegetable Wrap with Melted Mozzarella Cheese & Garlic Basil Dressing	Turkey BLT Panini with Turkey, Turkey Bacon, Tomato & American Cheese	



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<b>Monday 30</b>	Oven-Fried Chicken with Mashed Potatoes & a Dinner Roll	Mini Pancakes with Turkey Sausage & Potato Tots	Spicy Chicken Panini with a Spicy Breaded Chicken Fillet & Pepper Jack Cheese	 <p><b>Made-to-Order Deli Bar</b></p>  <p>Mangiamo's Pizzeria Pizza</p>  <p>Breaded Chicken Fillet Sandwich Spicy Breaded Chicken Fillet Sandwich All-White Meat Chicken Tenders with Fries Burgers on Buns Popcorn Chicken Mozzarella Sticks</p> <p>Pasta with Meatballs &amp; Marinara Sauce</p>  <p>Salad Bar</p> 
<b>Tuesday 31</b>	Ricotta & Mozzarella Cheese Stuffed Shells with Tomato Basil Sauce & a Dinner Roll	Jersey Sliders – Mini Cheeseburgers on Soft Buns with Caramelized Onions & American Cheese	Fajita Melt Panini with Fajita Chicken, Onions, Pepper, Salsa & Pepper Jack Cheese	
<b>Wednesday 1</b>	Build-Your-Own Burger – Hamburger on a Bun with Choice of Toppings	Meatball Parmesan Hero	Pepperoni Pizza Panini with Pepperoni, Marinara Sauce & Mozzarella Cheese	
<b>Thursday 2</b>	Baked Macaroni & Cheese with a Dinner Roll	Roast Beef Barge – Roast Beef & Mozzarella Cheese on Garlic Bread	Chicken Parmesan Panini with Breaded Chicken Fillet, Marinara Sauce & Mozzarella Cheese	
<b>Friday 3</b>	Homemade Baked Ziti	The Sampler – Baked Mozzarella Sticks & All-White Meat Chicken Bites with Dipping Sauces	Roast Beef Panini with Sliced Roast Beef, Caramelized Onions, Mustard, Red Onion & Provolone	



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