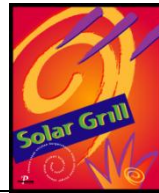


February
2017

Cranford High School Menu



DAILY

Monday 6	Eggplant Parmesan with Marinara Sauce & Garlic Bread	"Jersey Shore" Cheesesteak Hero with Onions & Peppers	 Pesto Chicken Salad Fresh All-Natural Pesto Chicken Salad over Salad Greens served with Roasted Peppers & Croutons	  Made-to-Order Boar's Head Deli Bar  Vinny's Pizza  Pasta with Marinara Sauce & a Roll
Tuesday 7	Southern Fried Chicken with Mashed Potatoes & a Dinner Roll	All-Beef Hot Dog on a Bun with choice of Toppings (Cheese, Sauerkraut & Spicy Onions) & a Side of Tater Tots	 Chef's Salad with Boar's Head Turkey, Ham & Cheese over Greens	
Wednesday 8	Nachos Grande with Seasoned Taco Meat, Chips & Salsa served with Rice	Pizza Burger with Mozzarella Cheese & Marinara Sauce on a Bun	 Taco Salad Seasoned All-Beef Taco Meat, Tomatoes, Olives, Salsa, Cheddar Cheese, Sour Cream & Chips	
Thursday 9	Homemade Meatloaf with Mashed Potatoes & Gravy	Popcorn Chicken with Tater Tots	 Solid White Tuna Salad over Salad Greens & Assorted Vegetables	
Friday 10	Spaghetti & Meatballs with a Soft Roll	Pizza Dippers with Marinara Sauce	 Fresh Fruit & Cheese over Salad Greens & Assorted Vegetables	
AVAILABLE DAILY		Chicken Patty Sandwich Hamburger or Cheeseburger on a Bun Cheesesteak Hero	 Garden Salad  All White Meat Buffalo Chicken Salad  All White Meat Chicken Caesar Salad	

A complete meal includes: Entrée with Protein/Grain, a Trip to The Farm Stand, & a Choice of Milk or Small Water. Selections on The Farm Stand are included with lunch. Choose servings of fruit and vegetables from a variety of options daily.

Also available daily: Assorted cold beverages vegetables & fresh & chilled fruit bowl.

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



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DAILY

Monday 13	Cheese Ravioli with Pink Sauce & Garlic Bread	Chicken Nuggets with Tater Tots & Corn	🍏 Pesto Chicken Salad Fresh All Natural Pesto Chicken Salad over Salad Greens served with Roasted Peppers & Croutons	 🍏 Made-to-Order Boar's Head Deli Bar  Vinny's Pizza  Pasta with Marinara Sauce & a Roll
Tuesday 14	Taco Tuesday Seasoned Beef Tacos with a choice of Cheese, Lettuce, Tomato & Salsa served with Rice	🍏 Boar's Head Ham & Ricotta Cheese Calzones with Marinara Sauce	🍏 Chef's Salad with Boar's Head Turkey, Ham & Cheese over Greens	
Wednesday 15	Wild Wing Wednesday Buffalo or BBQ Chicken Wings with Roasted Potatoes	Sausage & Pepper Sandwich on a Hoagie Roll with Provolone Cheese	🍏 Taco Salad Seasoned All-Beef Taco Meat, Tomatoes, Olives, Salsa, Cheddar Cheese, Sour Cream & Chips	
Thursday 16	All-Beef Chili Bowl with Cheddar Cheese & Sour Cream in a Bread Bowl	Mozzarella Sticks with Marinara Sauce	🍏 Solid White Tuna Salad over Salad Greens & Assorted Vegetables	
Friday 17		Mid-Winter Break		
AVAILABLE DAILY		Chicken Patty Sandwich Hamburger or Cheeseburger on a Bun Cheesesteak Hero	Garden Salad 🍏 All White Meat Buffalo Chicken Salad 🍏 All White Meat Chicken Caesar Salad	

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Monday 20		Mid-Winter Break		 Made-to-Order Boar's Head Deli Bar  Vinny's Pizza  Pasta with Marinara Sauce & a Roll
Tuesday 21		Mid-Winter Break		
Wednesday 22	Baked Potato Bar with All-Beef Chili, Cheddar Cheese, Sour Cream & Broccoli	 All White Meat Chicken Parmesan Sandwich on a Kaiser Roll	 Taco Salad Seasoned All-Beef Taco Meat, Tomatoes, Olives, Salsa, Cheddar Cheese, Sour Cream & Chips	
Thursday 23	Sweet & Sour Chicken over White Rice with Steamed Broccoli	Max Cheese Stick with Marinara Sauce & a Side of Rice	 Solid White Tuna Salad over Salad Greens & Assorted Vegetables	
Friday 24	Angie's Baked Ziti with Garlic Bread	Philly Cheesesteak with Onions & Peppers on a Roll	 Fresh Fruit & Cheese over Salad Greens & Assorted Vegetables	
AVAILABLE DAILY		Chicken Patty Sandwich Hamburger or Cheeseburger on a Bun Cheesesteak Hero	Garden Salad  All White Meat Buffalo Chicken Salad  All White Meat Chicken Caesar Salad	

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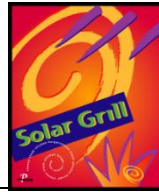
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DAILY

Monday 27	Nachos Grande with Seasoned Taco Meat, Chips & Salsa served with Rice	Meatball Parmesan Hero	🍏 Pesto Chicken Salad Fresh All Natural Pesto Chicken Salad over Salad Greens served with Roasted Peppers & Croutons	 🍏 Made-to-Order Boar's Head Deli Bar  Vinny's Pizza  Pasta with Marinara Sauce & a Roll
Tuesday 28	Broccoli & Cheddar Cheese Quiche with Egg Noodles	Macaroni & Cheese with a Side Salad	🍏 Chef's Salad with Boar's Head Turkey, Ham & Cheese over Greens	
Wednesday 1	Penna Pasta with Bolognese Sauce (Meat Sauce) & a Soft Roll	Chicken Nuggets with Tater Tots & Corn	🍏 Taco Salad Seasoned All-Beef Taco Meat, Tomatoes, Olives, Salsa, Cheddar Cheese, Sour Cream & Chips	
Thursday 2	Kielbasa & Potato Pierogies served with Sautéed Onions & Sour Cream	Bacon Cheeseburger on a Bun	🍏 Solid White Tuna Salad over Salad Greens & Assorted Vegetables	
Friday 3	Sweet Italian Sausage & Pepper Parmesan Sandwich	Popcorn Chicken with Tater Tots	🍏 Hummus Platter over a bed of Spinach served with Cubed Cheese, Pita Chips & Veggie Sticks	
AVAILABLE DAILY		Chicken Patty Sandwich Hamburger or Cheeseburger on a Bun Cheesesteak Hero	Garden Salad 🍏 All White Meat Buffalo Chicken Salad 🍏 All White Meat Chicken Caesar Salad	

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