



# SEPTEMBER Totowa 2021 Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Free meals for all students*</b>	
			Popcorn Chicken w/ Vegetable Fried Rice	Pizzeria-Style Pizza
All-White Meat Chicken Tenders w/ a Split Top Dinner Roll	Pizza Quesadilla	Hamburger on a Bun or Cheeseburger on a Bun	Mini Pancakes w/ Cheese Stick & Emoji Potatoes	Pizzeria-Style Pizza
Popcorn Chicken w/ a Split Top Dinner Roll	Cheese Stuffed Sticks w/ Marinara Sauce	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops	Macaroni and Cheese W/ a Dinner Roll	Pizzeria-Style Pizza
<i>Jersey Fresh Farm to School Week</i>				
Boneless Chicken Wings w/ a Split Top Dinner Roll	Grilled Cheese Sandwich	All Beef Hot Dog on a Bun	Mini Waffles w/ Cheese Stick & Emoji Potatoes	

**Also Available Daily:**

Bagel & Yogurt Lunch w/ a Cheese Stick



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



**A Complete Lunch Includes:**

Entrée (with Protein/Grain)

Trip to The Farm Stand  
(students must select at least a serving  
of fruit or vegetable)

Hormone-Free Milk

**Menu Subject to Change**

Your comments are important to us. Please e-mail  
us at [comments@pomptonian.com](mailto:comments@pomptonian.com)



**Locally Grown  
Corn**

**FOOD  
ALLERGIES**

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).



**Locally Grown  
Bartlett Pears**

"This institution is an equal  
opportunity provider."