



**POMPTONIAN**  
FOOD SERVICE

Is proud to be the  
Food Service provider for:

## **THE PEQUANNOCK TOWNSHIP SCHOOL DISTRICT**

**Starting December 4th!**

Pomptonian is pleased to have the privilege to serve Pequannock Township students. We are excited to return and bring our award winning service to your community.

### **Who is Pomptonian?**

Pomptonian is a family, women-owned business based in Fairfield, New Jersey. We brought our restaurant flair to school food service over 60 years ago.

We look forward to bringing you our quality recipes and enhancing the meal time experience.

## ***NEW!*** Lower Meal Prices

Traditional Lunch..... \$4.50

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High and Middle School Optional

Featured Favorite Lunch..... \$5.25

[CLICK HERE FOR FULL PRICE LISTS](#)

## Quality Meals and Value

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Pomptonian designs our menus to offer well-balanced and wholesome meals. We are proud to offer an expansive variety of choices that feature quality ingredients and satisfy diverse taste preferences.

Each day, students can select their favorite from the hot entrées of the day, Boar's Head deli sandwiches, vegetarian selections, fresh salad meals, and more. Each meal is offered with the entrée of choice, fruits, vegetables, and milk.

# NOW AVAILABLE!

## NUTRITIONALLY ANALYZED INTERACTIVE MENU

**Pequanock-Pequannock Township High School**  
Lunch, Dec 04 - Dec 08 2023

	Mon 04	Tue 05	Wed 06	Thu 07	Fri 08
<b>Daily Dish</b>	Chicken & Chef Prepared Waffles Plant-Based Tenders & Chef Prepared Waffles Pasta w/ Meatballs Steamed Broccoli Texas Toast Pasta w/ Marinara Sauce Texas Toast Steamed Broccoli				
<b>AMERICAN GRILLE</b>	Chicken Tenders Baked French Fries Pizza Crunchers Breaded Chicken Fillet on a Bun Spicy Chicken Fillet on a Bun Black Bean Burger on a Bun				

**Chicken & Chef Prepared Waffles**

Calories : 529 kcal  
Saturated Fat : 4 g  
Cholesterol : 113 mg  
Carbohydrates : 65 g  
Total Sugars : 6 g  
Vitamin A : 0 IU  
Calcium : 197 mg

Fat : 14 g  
Trans Fatty Acid : 0 g  
Sodium : 1,766 mg  
Dietary Fiber : 0 g  
Protein : 38 g  
Vitamin C : 0 mg  
Iron : 3 mg

**DESCRIPTION**  
INGREDIENT STATEMENT  
Milk, dry, whole, with added vitamin D, Flour (Wheat flour, rich, reduced iron, thiamin mononitrate, riboflavin, folic acid), Breaded Chicken Tenderloin (Chicken tenderloins CONTAINING: Up to 12% of a solution of water, salt and sodium phosphate; BREADED WITH: Bleached wheat flour, salt, dextrose, leavening (sodium aluminum phosphate, sodium bicarbonate), spices, soybean oil, dried yeast, autolyzed yeast extract, disodium inosinate and disodium guanylate, and spice extractives, BUTTER WITH Water, bleached wheat flour, modified food starch, salt, spices, garlic powder, onion powder, autolyzed yeast extract, soybean oil, disodium guanylate, disodium inosinate, PREPARED WITH: Wheat flour, wheat gluten, and salt. Breading set vegetable oil), Oil, cornstarch, Eggs, Grated A Large egg white, Sugar, Granulated, etc., Domino (Sugar), Leavening agents, baking powder, double-acting, straight phosphate, Salt (Salt, Calcium Silicate (an Anti-Caking Agent), Vanilla extract, imitation no alcohol, Veal, shoulder, blade, separable lean only, cooked, braised, Homemade

**ALLERGENS** **DIETARY** **PORTION DETAILS**  
1 Serving

Your cafeteria is proud to introduce an interactive menu that allows parents and students to look up key nutritional facts on menu selections. Now parents will have the nutritional information anytime and right at their fingertips. The interactive menu will be accessible on the District's website. It is designed to be easy to navigate on your mobile device too! [SEE MENU HERE](#)

## Pre Order Elementary School Meals

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Your district offers a user-friendly and convenient preorder option for elementary school parents. You can pre order from a variety of freshly prepared hot entrées, bento box meals, snacks and beverages online by the day, the week or the month [HERE](#)

## Middle and High School Pre-payment Options

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More time to enjoy meals! Your district offers convenient prepayment options for quicker service. You can deposit funds online and track spending [HERE](#)



## Nutrition Awareness

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Nutrition and education go hand-in-hand. Each month we feature local produce on our menu and Farm Stand [LEARN MORE](#)

## Farm to Tray in Action!

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Each meal comes with fruits and vegetables. Pomptonian offers a variety of colorful fruits and vegetables each day for students to pick [READ MORE](#)



## Popular Promotions

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Check out our menus to see exciting promotional events throughout the year. These special event days include Chicken and Waffles, Ramen Noodle Bowls, Fresh Fruit Smoothies, and many more.





## Allergy Safe Meals

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The safety and well-being of the students we serve is our highest priority. Read more about our allergy practices and unique menu requests. [CLICK HERE](#)

**Your Food Service Director is Ryan Weir**

Email: [rweir@pomptonian.com](mailto:rweir@pomptonian.com)

Cafeteria Phone Number: 973-616-6000 ext. 6

Follow us on



# Join the Pomptonian Team



Enjoy a competitive salary, family-friendly schedule, and great advancement opportunities!

[Join Our Team](#)

## The Pomptonian Difference

Quality, Customized Service, Our People, and their dedication. This includes **YOU!**

Your feedback is very important to us. Pomptonian is a family business that treats your child as part of our family. To ensure we are meeting and exceeding your expectations, we:

- Schedule focus group meetings with students and parents
- Welcome your input – email us - [comments@pomptonian.com](mailto:comments@pomptonian.com)

# Learn more about Pomptonian



Visit our website at [Pomptonian.com](https://www.pomptonian.com) for more information on our company, our history, our award-winning programs, and our commitment to New Jersey students' nutrition.



A Family-Owned Business Celebrating

*Over 60 Years of Excellence*