

High School Lunch

October

Dover Town
October 2024- Lunch- NSLP
Monday

Daily Menu Specials




Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>Ropa Vieja Brown Rice French Toast Sticks 🌱 Pork Sausage Patty</p>	<p>2</p> <p>Italian Grilled Cheese 🌱🌾 Beef & Bean Burrito 🌱</p>	<p>3</p> <p>Popcorn Chicken & Mashed Potato Bowl Dinner Roll Plant-Based Nuggets 🌱🌿 Dinner Roll Soft-Shell Beef Tacos</p>	<p>4</p> <p>Personal Pizza 🌱 Chicken Empanada 🌱 Rice & Beans</p>
<p>7</p> <p>Homemade Baked Ziti 🌱 Dinner Roll Shredded BBQ Chicken Sandwich w/ Coleslaw</p>	<p>8</p> <p>Pulled Pork Nachos Tortilla Rounds All-Beef Hot Dog on a Bun</p>	<p>9</p> <p>Cuban Sandwich 🌾 Plantain Chips Chicken & Cheese Hard-Shell Tacos Rice & Beans</p>	<p>10</p> <p>Choripan (Argentinian Hot Dog) 🌍 Sampler Platter Local SunCrisp Apple 🌱</p>
<p>14</p> <p>School Closed</p> 	<p>15</p> <p>General Tso's Chicken Local Baby Bok Choy Vegetable Fried Rice 🌱 Chicken & Cheddar Cheese Quesadilla 🌱 Local Mexican Street Corn on the Cob 🌱</p>	<p>16</p> <p>Popcorn Chicken & Mashed Potato Bowl Dinner Roll Plant-Based Nuggets 🌱🌿 Dinner Roll Cheesesteak Hero 🍷</p>	<p>17</p> <p>Baja Fish Tacos w/ Cabbage Slaw Boneless Buffalo Wings 🐔 Dinner Roll Food & Nutrition Cookies</p>
<p>21</p> <p>Chicken Empanada 🌱 Rice & Beans Chicken Parmesan 🐔</p>	<p>22</p> <p>Bratwurst w/ Caramelized Onions on a Pretzel Roll 🌱🌾 Plant-Based Tenders & Waffles 🌱 Beef & Cheese Burrito</p>	<p>23</p> <p>Pierogi w/ Caramelized Local Onions 🌱 All-Beef Hot Dog on a Bun</p>	<p>24</p> <p>Homemade Baked Ziti 🌱 Dinner Roll BBQ Beef Ribs on a Bun 🍷</p>
<p>28</p> <p>Sausage, Egg & Cheese on a Kaiser Chipotle Popcorn Chicken Dinner Roll</p>	<p>29</p> <p>Ghostly Pizza 🌱 Pulled Pork Sandwich Pumpkin-Shaped Soft Pretzel</p>	<p>30</p> <p>Arepa w/ Shredded Chicken & Cabbage Slaw 🌱🌍 Rice & Beans Chicken Tenders 🐔 Dinner Roll Plant-Based Tenders 🌱🌿 Dinner Roll Roasted Local Cauliflower 🌱</p>	<p>31</p> <p>Homemade Beef Chili 🌱 Brown Rice Beef & Cheese Hard-Shell Tacos Brown Rice</p>

Your comments are important to us. Please email us at comments@pomptonian.com. Allergy-Aware menus are available for students with food allergies. For more information please contact your Food Service Director. At least 80% of all grains served with your meal are Whole Grain Enriched.

Menu Subject to Change.

This institution is an equal opportunity provider.