



OCTOBER 2019

PARAMUS ECC and Parkway Elementary Schools



**Locally Grown
Honeycrisp Apples**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Rosh Hashanah – No School	2 Pizzeria Pizza Meatballs w/ Marinara Dipping Sauce & Buttered Noodles Chicken Tenderloins w/ a Wheat Dinner Roll	3 General Tso's Chicken w/ Broccoli over Rice Mediterranean Sampler – Hummus, Hard-Boiled Egg, Whole Wheat Pita & Assorted Vegetables	4 NEW! Bow-Tie Pasta w/ Pesto & Garlic Bread Meatball Hero on a Roll
7 <i>All-Natural</i> All-Beef Hot Dog on a Bun Cheeseburger or Hamburger on a Bun	8 Swedish Meatballs over Egg Noodles Popcorn Chicken w/ a Whole Grain Roll	9 Yom Kippur – No School	10 Grilled Cheese Sandwich w/ Chicken Noodle Soup Nachos Grande w/ Seasoned Beef, Cheese & Corn Chips	11 Pasta w/ Meatballs & Garlic Bread All-White Meat Chicken Bites w/ a Whole Wheat Dinner Roll
14 French Bread Pizza Sweet & Sour Chicken w/ Broccoli over Rice	15 Soft Shell Taco w/ Seasoned Beef & Cheese Chicken Parm. Sandwich	16 Pizzeria Pizza Chicken Tenderloins w/ a Wheat Dinner Roll Strawberry Yogurt Parfait w/ Nut-Free Granola & Pretzel Twists	17 Mini Pancakes w/ Scrambled Eggs & a Hash Brown Patty Teriyaki Chicken w/ Vegetable Fried Rice	18 Ruffled (Radiatori) Pasta w/ Alfredo Sauce & Garlic Bread Bacon, Egg & Cheese Sandwich
National School Lunch Week				
21 Grilled Chicken over Penne Pesto & Sliced Italian Bread 3-Cheese Calzone w/ Mozzarella, Parmesan & Romano Cheeses & a Marinara Dunk Cup	22 Mini Eggo Waffles w/ Scrambled Eggs & a Hash Brown Patty Jersey Sliders – Mini Cheeseburgers on Slider Rolls	23 Pizzeria Pizza Chicken Tenderloins w/ a Wheat Dinner Roll Meatballs w/ Marinara Dipping Sauce & Buttered Noodles	24 Popcorn Chicken w/ a Whole Grain Roll Paris Café – Assorted Cheeses & Fresh Fruit w/ a Mini Croissant	25 Wagon Wheel Pasta w/ Marinara Sauce, Meatballs & Garlic Bread Grilled Chicken Bento Box w/ Pita Triangles, Grape Tomatoes & Fresh Fruit
28 Personal Pizza French Toast Sticks w/ Scrambled Eggs & a Hash Brown Patty	29 Pasta w/ Meatballs & Italian Bread Breakfast Bento Box – Blueberry Muffin, Strawberry Yogurt, Granola & a Cheese Stick	30 Pizzeria Pizza Grilled Cheese Sandwich w/ Chicken Noodle Soup Chicken Tenderloins w/ a Wheat Dinner Roll	31 HALLOWEEN <i>All-Natural</i> All-Beef Hot Dog on a Bun Cheeseburger or Hamburger on a Bun	



**Locally Grown
Pumpkins**

Available Daily: Assorted Fruit/Vegetable Options

- Deli Sandwiches – Turkey, Ham & Cheese, or Italian Hero
- Grilled Chicken Caesar Salad – Romaine Lettuce w/ Sliced Chicken, Caesar Dressing & Croutons
- Chef's Salad – Tossed Greens w/ Turkey, Ham & Cheese w/ Whole Wheat Pita
- Yogurt Lunch – 4 oz Yogurt, Cheese Stick, Pretzels & Fruit
- Bagel Lunch – Bagel w/ or w/out Cream Cheese & a Cheese Stick
- Pasta with Marinara Dipping Sauce & Sliced Italian Bread
- Cereal Bento Box – Cheerios, 1% Milk & Strawberry Gogurt
- Organic Strawberry Smoothie w/ Organic Honey Graham Animal Crackers



Available Drinks:

- Bottled Water
- Apple & Eve 100% Apple Juice
- Fruitable Power Punch
- Horizon 1% Organic Milk
(chocolate or white)

**All lunches include a
fruit & vegetable**

**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.

Go to <http://paramus.pomptonianmenus.com/orders>
to place an order by credit card.



A Complete Meal includes:
Entrée w/ Protein/Grain
& Fruits & Vegetables
Menu Subject to Change