








HARRISON HIGH & MIDDLE SCHOOL – OCTOBER 2021



Free meals for all students



AVAILABLE DAILY

Monday 4	All-White Meat Chicken Tenders w/ a Split top Dinner Roll	  	Assorted Specialty Pizzas	
Tuesday 5	Baked Ziti w/ a Split Top Dinner Roll		All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger on Bun Hamburger on Bun Hot Dog on Bun	
Wednesday 6	All-Beef Hot Dog on a Bun			
Thursday 7	General Tso's Chicken w/ Vegetable Fried Rice		Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i>	
Friday 8	Cheese Pizza			



Allergy Aware menus are available for students w/ food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & a Choice of Milk.

Also available daily: Assorted cold beverages, soups, vegetables & fresh & chilled fruit bowl. All Snacks are in compliance w/ the State's Guidelines. Your comments are important to us. Please e-mail us at comments@pomptonian.com. Menu Subject to Change



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

"This institution is an equal opportunity provider."










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Monday 11	SCHOOLS CLOSED	  	<p>Assorted Specialty Pizzas</p> <p>All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger on Bun Hamburger on Bun Hot Dog on Bun</p> <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p>	 
Tuesday 12	Macaroni & Cheese w/ a Split Top Dinner Roll			
Wednesday 13	Nachos Grande w/ Beef, Cheese, Brown Rice & Tortilla Chips			
Thursday 14	Cinnamon-Glazed French Toast Sticks			
Friday 15	Pizzeria Pizza			



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Monday 18	Breaded Chicken on a Bun	<i>Deli Central</i>	Assorted Specialty Pizzas	PIZZA ZONE
Tuesday 19	Breaded Mozzarella Sticks	AMERICAN GRILLE	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger on a Bun Hamburger on a Bun Hot Dog on a Bun	
Wednesday 20	Pasta w/ Meatballs & a Split Top Dinner Roll			
Thursday 21	Chicken Fajita w/ Vegetable Fried Rice	FRESH FARMSTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	<i>Daily Dish</i>
Friday 22	Cheese Pizza			



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Monday 25	All-White Meat Chicken Tenders w/ a Split Top Dinner Roll	<i>Deli Central</i>	Assorted Specialty Pizzas	PIZZA ZONE
Tuesday 26	100% Beef Burger or Cheeseburger on a Bun	AMERICAN GRILLE	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger on a Bun Hamburger on a Bun Hot Dog on a Bun	
Wednesday 27	Mini Pancakes w/ Sausage Patty			<i>Daily Dish</i>
Thursday 28	CELEBRATE HALLOWEEN! Mummy Hot Dog w/ Ghostly Mashed Potatoes or Boo Burger w/ Monster Cheese Halloween Pretzel	FRESH FARMISTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll	
Friday 29	Pizzeria Pizza			



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