







OAKLAND VALLEY MIDDLE SCHOOL

JUNE 2019



Daily Dish

AVAILABLE DAILY

Monday 3	Baked Macaroni and Cheese with Flavor Station	Spicy Crispy Chicken Patty Sandwich	  <p>Assorted Grab & Go Sandwiches</p> <p>All-White Meat Chicken Tenders with a Roll Chicken Caesar Salad with Crispy Romaine Lettuce, Shaved Parmesan and Homemade Croutons served with a Whole Grain Roll</p> <p>Specialty Pizzas</p> <p>Rotating daily: Chicken Parm Hero Cheesesteak Hero Chicken Twister Wrap Panini Chicken Patty on a Kaiser Roll Cheeseburger on a Bun</p> <p>Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i></p>  <p><i>Unlimited Fruits and Vegetables from the FarmStand are included with each lunch</i></p>	<i>Deli Central</i>
Tuesday 4	Taco Tuesday: 2 Tacos with Fiesta Rice, Lettuce and Cheese Deli Day - Build Your Own Sandwich	 All-Natural Turkey BLT Panini		<i>PIZZA ZONE</i>
Wednesday 5	Wild Wings Wednesday: Boneless Chicken Wings with Assorted Sauces served with a Roll	 Pasta Bar: Assorted Pastas & Sauces with Meatballs		<i>AMERICAN GRILLE</i>
Thursday 6	Asian Chicken with Jeweled Brown Rice & a Fortune Cookie Deli Day - Build Your Own Sandwich	 All White Meat Chicken Fillet on a Roll with Lettuce		<i>FRESH FARMISTAND</i>
Friday 7	Uncle Louie's Pizzeria Pizza	Grilled Chicken Caesar Wrap		

A Complete Meal Includes:
Entrée with Protein/Grain
Fresh Seasonal Fruits & Vegetables
Choice of Hormone-Free Milk

Lunch Price
Traditional - \$2.80
Village Fresh - \$4.00

Questions? Please contact the Food Service Director, Gloria Phythian, at 201-337-3907 or foodservice@oaklandschoolsnj.org

Allergy Questions? Please contact the Registered Dietitian, Toni Bowman, RDN, at 973-870-0100 x303 or dietitian@pomptonian.com

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 10	Baked Chicken Nuggets with a Roll	Meatball Parm Hero	  <p>Assorted Grab & Go Sandwiches</p> <p>All-White Meat Chicken Tenders with a Roll Chicken Caesar Salad with Crispy Romaine Lettuce, Shaved Parmesan and Homemade Croutons served with a Whole Grain Roll</p> <p>Specialty Pizzas</p> <p>Rotating daily: Chicken Parm Hero Cheesesteak Hero Chicken Twister Wrap Panini Chicken Patty on a Kaiser Roll Cheeseburger on a Bun</p> <p>Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i></p>  <p><i>Unlimited Fruits and Vegetables from the FarmStand are included with each lunch</i></p>	<i>Deli Central</i>
Tuesday 11	Cheeseburger Sliders on Buns with Emoji Potatoes Deli Day - Build Your Own Sandwich	 Ramen Noodle Bowl		PIZZA ZONE
Wednesday 12	Nachos Grande: Turkey Taco Meat, Cheese & Tortilla Chips with Rice	 All-Natural Turkey BLT Panini		AMERICAN GRILLE
Thursday 13	Chicken Bowl: Chicken over Mashed Potatoes, Corn, Gravy and Topped with Cheddar Cheese with a Roll Deli Day - Build Your Own Sandwich	 All White Meat Chicken Fillet on a Roll with Lettuce		FRESH FARMSTAND
Friday 14	Uncle Louie's Pizzeria Pizza	All Beef Hot Dog on a Bun		

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Monday 17	Chicken and Waffles	Baked Macaroni and Cheese with Flavor Station	  <p>Assorted Grab & Go Sandwiches</p> <p>All-White Meat Chicken Tenders with a Roll Chicken Caesar Salad with Crispy Romaine Lettuce, Shaved Parmesan and Homemade Croutons served with a Whole Grain Roll</p> <p>Specialty Pizzas</p> <p>Rotating daily: Chicken Parm Hero Cheesesteak Hero Chicken Twister Wrap Panini Chicken Patty on a Kaiser Roll Cheeseburger on a Bun</p> <p>Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i></p>  <p><i>Unlimited Fruits and Vegetables from the FarmStand are included with each lunch</i></p>	<i>Deli Central</i>
Tuesday 18	Herb Roasted Chicken with Mashed Potatoes and a Roll Deli Day - Build Your Own Sandwich	Build Your Own Burrito		<i>PIZZA ZONE</i>
Wednesday 19	HALF DAY NO LUNCH SERVED			<i>AMERICAN GRILLE</i>
Thursday 20	HALF DAY NO LUNCH SERVED			<i>FRESH FARMISTAND</i>
Friday 21	HALF DAY NO LUNCH SERVED	<i>Happy Summer</i> 		

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