




OAKLAND VALLEY MIDDLE SCHOOL

May 2019



Daily Dish

AVAILABLE DAILY

	<p>MAY IS</p>  <p>Month!!</p>		 <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> <p><i>Deli Central</i></p> <p>PIZZA ZONE</p> <p>AMERICAN GRILLE</p> <p>FRESH FARMISTAND</p>
<p>Wednesday 1</p>	<p>Nachos Grande: Turkey Taco Meat, Cheese & Tortilla Chips with Rice</p>	 <p>All-Natural Turkey BLT Panini</p>	
<p>Thursday 2</p>	<p>Chicken Bowl: Chicken over Mashed Potatoes, Corn, Gravy and Topped with Cheddar Cheese with a Roll Deli Day - Build Your Own Sandwich</p>	 <p>All-White Meat Chicken Fillet on a Roll with Lettuce</p>	
<p>Friday 3</p>	<p>Uncle Louie's Pizzeria Pizza</p>	<p>All-Beef Hot Dog on a Bun</p>	

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

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Monday 6	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 7	Herb Roasted Chicken with Mashed Potatoes and a Roll Deli Day - Build Your Own Sandwich	 Build Your Own Burrito		
Wednesday 8	Wild Wings Wednesday: Boneless Chicken Wings with Assorted Sauces served with a Roll	 All White Meat Chicken & Mandarin Oranges over Romaine Lettuce and Carrots topped with Crispy Noodles		
Thursday 9	French Toast Sticks with Sausage Deli Day - Build Your Own Sandwich	 All White Meat Chicken Fillet on a Roll with Lettuce		
Friday 10	Uncle Louie's Pizzeria Pizza	Ham & Cheese Panini		

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Monday 13	BBQ Rib on a Bun	Popcorn Chicken with Dipping Sauce and a Roll	  <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 14	Baked Ziti with Garlic Bread Deli Day - Build Your own Sandwich	 Smoothie Lunch: Strawberry Smoothie, Cucumber Coins, Fresh Fruit and a Muffin		PIZZA ZONE
Wednesday 15	Waffle Sticks with Sausage	 Ramen Noodle Bowl		AMERICAN GRILLE
Thursday 16	Pizza Quesadilla with Oven Potatoes Deli Day -Build Your Own Sandwich	 All White Meat Chicken Fillet on a Roll with Lettuce		FRESH FARMISTAND
Friday 17	Uncle Louie's Pizzeria Pizza	Build a Burger on a Bun with Fries		

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Monday 20	Mozzarella Sticks	Chicken Bowl: Chicken over Mashed Potatoes, Corn, Gravy and Topped with Cheddar Cheese with a Roll	    <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 21	Nachos Grande: Turkey Taco Meat, Cheese & Tortilla Chips with Rice Deli Day - Build Your Own Sandwich	 Pasta Bar: Assorted Pastas & Sauces with Meatballs		PIZZA ZONE
Wednesday 22	Wild Wings Wednesday: Boneless Chicken Wings with Assorted Sauces served with a Roll	 Build Your Own Burrito		
Thursday 23	Tangerine Chicken with Jeweled Brown Rice and a Fortune Cookie Deli Day - Build Your own Sandwich	 All White Meat Chicken Fillet on a Roll with Lettuce		
Friday 24	HALF DAY NO LUNCH SERVED			

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Monday 27	 MEMORIAL DAY	SCHOOL CLOSED	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  <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> </div> <div style="width: 45%; text-align: right;"> <p><i>Deli Central</i></p> <p>PIZZA ZONE</p> </div> </div>
Tuesday 28	Grilled 3 Cheese Texas Toast with Tomato Soup Deli Day - Build Your Own Sandwich	 Smoothie Lunch: Strawberry Smoothie, Cucumber Coins, Fresh Fruit and a Muffin	
Wednesday 29	Popcorn Chicken with Dipping Sauce and a Roll	 Pura Vida: Homemade Beef Empanada with Spanish Rice and Plantains	
Thursday 30	All Beef Hot Dog on a Bun Deli Day - Build Your Own Sandwich	 All White Meat Chicken Fillet on a Roll with Lettuce	
Friday 31	Uncle Louie's Pizzeria Pizza	The Sampler: 3 Chicken Nuggets and 3 Mozzarella Sticks	

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