







OAKLAND VALLEY MIDDLE SCHOOL

APRIL 2019



Daily Dish

AVAILABLE DAILY

Monday 1	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 Farm Stand are included with each lunch</i></p>	<i>Deli Central</i>
Tuesday 2	Cheeseburger Sliders on Buns with Emoji Potatoes Deli Day - Build Your Own Sandwich	 All White Meat Chicken & Mandarin Oranges over Romaine Lettuce and Carrots topped with Crispy Noodles		PIZZA ZONE
Wednesday 3	Nachos Grande: Turkey Taco Meat, Cheese & Tortilla Chips with Rice	 All-Natural Turkey BLT Panini		AMERICAN GRILLE
Thursday 4	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 FARMISTAND
Friday 5	Uncle Louie's Pizzeria Pizza	All Beef Hot Dog on a Bun		

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 8			Assorted Grab & Go Sandwiches			
Tuesday 9			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			
Wednesday 10			Specialty Pizzas			
Thursday 11						Rotating daily: Chicken Parm Hero Cheesesteak Hero Chicken Twister Wrap Panini Chicken Patty on a Kaiser Roll Cheeseburger on a Bun
Friday 12						Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>
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Monday 15	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 Farm Stand are included with each lunch</i></p>	<i>Deli Central</i>
Tuesday 16	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 17	Waffle Sticks with Sausage	 Build Your Own Burrito		AMERICAN GRILLE
Thursday 18	Pizza Quesadilla with Oven Potatoes Deli Day -Build Your Own Sandwich	 All White Meat Chicken Fillet on a Roll with Lettuce		FRESH FARMISTAND
Friday 19	GOOD FRIDAY	SCHOOL CLOSED		

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Monday 22	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 Farm Stand are included with each lunch</i></p>	<i>Deli Central</i>
Tuesday 23	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 24	Wild Wings Wednesday: Boneless Chicken Wings with Assorted Sauces served with a Roll	 Build Your Own Burrito		AMERICAN GRILLE
Thursday 25	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		FRESH FARMISTAND
Friday 26	Uncle Louie's Pizzeria Pizza	Valley Challenger: Canadian Bacon, Egg and Cheese on a Bagel		

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Monday 29	Pasta with Meatballs and Garlic Bread	Build a Burger on a Bun with Fries	<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 Farm Stand 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 30	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	
 <div style="border: 1px solid blue; padding: 5px; display: inline-block; color: red; font-weight: bold;">It's Baseball Season!</div>			

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