

# OCTOBER East Hanover

## 2026 Middle School Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Go to <https://easthanover.pomptonianmenus.com/order>  
to place an order by credit card.

1  
Penne w/ Pink Sauce & a  
Roll (V)

2  
**PIZZA DAY!**  
Pizza Parlor Pizza(V)

### Weekly Alternate – Grilled Cheese Sandwich (V)

|                                             |                                                         |                    |                                        |                                                 |
|---------------------------------------------|---------------------------------------------------------|--------------------|----------------------------------------|-------------------------------------------------|
| 5<br>Taylor Ham, Egg & Cheese<br>on a Roll) | 6<br>Popcorn Chicken Bowl w/<br>Mashed Potatoes & Gravy | 7<br>Meatball Hero | 8<br>Pancakes w/ Syrup<br>& Tater Tots | 9<br><b>PIZZA DAY!</b><br>Pizza Parlor Pizza(V) |
|---------------------------------------------|---------------------------------------------------------|--------------------|----------------------------------------|-------------------------------------------------|

### Weekly Alternate – Cheese Quesadilla (V)

|                        |                                                                            |                                            |                                      |                                                  |
|------------------------|----------------------------------------------------------------------------|--------------------------------------------|--------------------------------------|--------------------------------------------------|
| 12<br><b>No School</b> | 13<br>Taco Bento Box w/<br>Seasoned Beef, Scoops<br>Chips & Cheddar Cheese | 14<br>Cheesesteak Hero w/<br>Potato Rounds | 15<br>Waffles w/ Syrup<br>& Apple(V) | 16<br><b>PIZZA DAY!</b><br>Pizza Parlor Pizza(V) |
|------------------------|----------------------------------------------------------------------------|--------------------------------------------|--------------------------------------|--------------------------------------------------|

### Weekly Alternate – Cheese-Stuffed Sticks (V)

|                               |                          |                                                  |                                  |                                                   |
|-------------------------------|--------------------------|--------------------------------------------------|----------------------------------|---------------------------------------------------|
| 19<br>French Toast Sticks (V) | 20<br>Pasta w/ Meatballs | 21<br>All-Beef Hot Dog on a Bun<br>w/ Tater Tots | 22<br>Pizza Calzone w/ Fries (V) | 23<br><b>PIZZA DAY!</b><br>Pizza Parlor Pizza (V) |
|-------------------------------|--------------------------|--------------------------------------------------|----------------------------------|---------------------------------------------------|

### Weekly Alternate – Pizza Crunchers (V)

|                                         |                                                    |                     |                                                   |                                              |
|-----------------------------------------|----------------------------------------------------|---------------------|---------------------------------------------------|----------------------------------------------|
| 26<br>Bacon, Egg & Cheese on a<br>Bagel | 27<br><b>TACO TUESDAY</b><br>Chicken Tacos w/ Rice | 28<br>Meatball Hero | 29<br><b>PIZZA DAY!</b><br>Pizza Parlor Pizza (V) | 30<br><b>Half Day – No Lunch<br/>Service</b> |
|-----------------------------------------|----------------------------------------------------|---------------------|---------------------------------------------------|----------------------------------------------|

### Weekly Alternate – Mozzarella Sticks w/ Marinara Sauce (V)

#### Available Daily

- All-White Meat Chicken Tenders
- Chicken Caesar Salad
- Chef's Salad
- Bagel Bag w/ Yogurt & Cream Cheese  
or Butter (V)
- Muffin Bento Box w/ Yogurt & a Juice  
Box
- Parfaits (V)
- Pasta w/ Butter or Marinara Sauce (V)
- Macaroni & Cheese (V)
- Chicken Sandwich
- Choice of Deli Sandwich
- Pizzeria Pizza (Tuesday-Friday only)

#### A Complete Meal Includes:

Entrée w/ Protein/Grain  
A Trip to The Farm Stand

**(V) = Vegetarian**

Menu Items Subject to Change