



# Ben Franklin Middle School RIDGWOOD



## December 2009 Lunch Menu



**National Pear  
Month**

- TUE 1 Mozzarella Cheese Sticks w/ Dipping Sauce & French Bread
- WED 2 Pasta Bar with Meatballs, Choice of Sauce and Garlic Knots
- THU 3 Grilled Chicken w/Lettuce & Tomato on a Whole Wheat Roll
- FRI 4 BBQ Beef Steak on Whole Wheat Italian Bread

**PIZZA FEST**



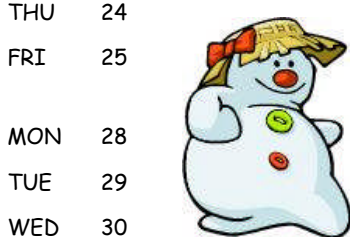
- TUE 8 Turkey Barge on a Whole Wheat Roll
- WED 9 Nacho Grande with Beef, Cheese and Topping Bar
- THU 10 Spicy Chicken Patty on a Whole Wheat Bun
- FRI 11 BBQ Chicken served with Rice

**PIZZA FEST**

- TUE 15 Popcorn Chicken with Dinner Roll
- WED 16 Pasta Bar with Choice of Sauce, Meatballs & Italian Bread
- THU 17 All-Beef Hot Dog w/Chili on a Whole Wheat Bun
- FRI 18 California Burger on a Whole Wheat Bun w/Lettuce & Tomato

**PIZZA FEST**

- TUE 22 **HOLIDAY LUNCH** Lasagna Roll-up with Garlic Bread
- WED 23 Baked Chicken with Assorted Bread Selection



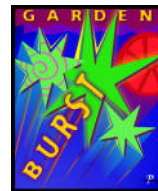
**Winter Recess -  
No School**



- THU 31
- FRI 1

*A complete lunch includes entrée, bread,  
2 selections vegetable/fruit, and milk selection*

*Available Daily*



Salad Bar  
Fresh Fruit Bar



Turkey Breast  
Ham  
Salami  
Bologna  
American Cheese  
Tuna



Cheeseburger  
Chicken Patty  
Chicken Nuggets  
Mozzarella Sticks



Fresh Cookies  
Pretzels  
Variety Baked Chips  
100% Fruit Juice  
Bottled Water

*Bread Basket  
Fresh Fruit  
Fresh Vegetables, Fresh Soup*

*2<sup>nd</sup> Hot Entrée Available*

Lunch Price \$2.15  
PREMIUM Lunch Price \$3.00



New Item  
**BOAR'S HEAD DELI PREMIUM  
SANDWICHES & SALAD PLATTERS**  
Available Daily  
Premium Lunch \$ 3.00

*Menu Subject to Change*

*Your comments are important to us.  
Please email us at  
[comments@pomptonian.com](mailto:comments@pomptonian.com)*