



# Freehold Regional High School District

**SOY-SAFE MENU** Only with documented allergy

**SOY-FREE  
STUDENTS MUST  
ORDER FROM THIS  
MENU ONLY**

- Mondays (M)** All-Natural Chicken Tenders w/ Tortilla Rounds
- Tuesdays (T)** Breaded Mozzarella Sticks w/ Marinara Sauce
- Wednesdays (W)** Boneless Chicken Wings w/ Tortilla Rounds
- Thursdays (TH)** Breaded Chicken Fillet w/ Tortilla Rounds
- Fridays (F)** Pizza Crunchers

**A Complete Lunch Includes:**  
 Entrée (with Protein/Grain)  
**Fruit/Vegetable**  
 Milk

- Available Daily 1 (AD1)** Ham & Cheese Wrap
- Available Daily 2 (AD2)** Turkey & Cheese Wrap

**Important consideration when deciding to participate in Soy-Safe school lunch offerings:**

Pomptonian's staff prepares and cooks a wide variety of meals and does not have separate equipment and space for soy-safe (SS) meal preparation. To minimize the chance for cross-contamination, the SS items that are available for pre-order, are prepared by trained staff with, as per the manufacturer's label, soy-safe ingredients. Foods may contain soy oil. Pomptonian works with manufacturers with Good Manufacturing Practices; however, foods may be produced in a facility containing known allergens.

**Cut at this line and keep the above menu portion for your reference.**  
 Please submit lunch forms promptly. Late submissions may not be properly recorded.

"This institution is an equal opportunity provider."

Please use the codes listed above to indicate your selections *for the month* on the order form below and return it by 1 week prior in an envelope to your school cafeteria. Please be sure to put money on your child's account prior to placing orders. It is important to go over the menu with your child. If your student is going to be absent on a day that lunch was ordered, please call the Food Service Director at 732-792-7300 ext 1067 between 8:00 & 8:30 a.m. the morning the student is to be absent.

MONTH:	MON	TUE	WED	THU	FRI
Week of:					
Week of:					
Week of:					
Week of:					
Week of:					

STUDENT'S NAME \_\_\_\_\_

GRADE/TEACHER \_\_\_\_\_

SCHOOL \_\_\_\_\_

PARENT/GUARDIAN PHONE # \_\_\_\_\_

PARENT/GUARDIAN E-MAIL \_\_\_\_\_

NUMBER OF MEALS SELECTED \_\_\_\_\_

**NOTE TO FREE LUNCH RECIPIENTS:** If you plan to participate in the lunch program, you **must** fill out and return this form.

**SS**