



**Ridgewood School District**  
**SESAME-SAFE MENU** Only with documented allergy

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

- Mondays (M)** All-White Meat Chicken Tenders w/ Tortilla Rounds
- Tuesdays (T)** Ham & Cheese Sandwich
- Wednesdays (W)** Grilled Chicken Sandwich
- Thursdays (TH)** Cheeseburger on a Bun
- Fridays (F)** Pizza

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

**Available Daily (AD1)** Turkey & Cheese Wrap

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

Pomptonian's staff prepares and cooks a wide variety of meals and does not have separate equipment and space for sesame-safe (SES) meal preparation. To minimize the chance for cross-contamination, the SES items that are available for pre-order, are prepared by trained staff with, as per the manufacturer's label, sesame-safe ingredients. 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.

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 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 submit payment by check with 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 201-670-2800x20593 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.