

Nutrition Initiatives

Berkeley Heights



Pomptonian believes in continuously seeking ways to encourage students to make healthy dining choices. Our staff promotes Smarter Lunchrooms that offer an appealing variety of healthful dining choices that entice and encourage students to eat a healthful balanced meal.

These initiatives include:

FRESHER AND MORE HEALTHFUL ENTREES

The cafeteria is proud to feature minimally processed all-natural chicken. Our sandwiches are also made with all Boar's Head Deli Meats.

FARMSTAND

- Pomptonian's award winning Farm Stand offers a wide variety of fresh fruit and vegetables as part of every meal.
- The Farm Stand encourages students to augment their meal with fresh fruit and vegetables
- Jersey Fresh and locally-sourced produce is available in season. Labels are used to indicate when Jersey Fresh and locally-sourced produce is on the line.
- Servers and cashiers encourage students to take a fruit and/or a vegetable along with their meal.

Fresh fruit and vegetable of the month

Each month we feature a new fruit and vegetable along with posters explaining the health benefits. These fresh fruit and vegetables are available on our Farm Stand and come with every meal.

VEGETARIAN

The cafeteria offers vegetarian selections throughout the menu. These vegetarian offerings include:

Cavatelli & Broccoli with Garlic Sauce and Dinner Roll

Bagel Lunch with Cheese Sticks

Grilled Cheese Sandwich with Tomato Soup

Cereal Lunch with Yogurt
English Muffin Pizza/Stuffed Crust Pizza/French Bread Pizza/ Pizza Bagel (rotating)
Penne Alfredo with Broccoli and Dinner Roll
Tortellini or Ravioli with Marinara Sauce and Garden Salad
Homemade Mac & Cheese with Broccoli
Baked Ziti with Marinara Sauce and Garlic Bread
Pizza Sticks with Marinara Sauce and Mixed Vegetables
Build Your Own Pizza Bagel Bento Box (comes with or without pepperoni)
Cheese Stuffed Shells
Lasagne Roll-Ups
Cheese Quesadilla with /Salsa

DÉCOR AND MARKETING

- The cafeteria features colorful posters that encourage healthy dining selections and, once again, encouraging students to take fresh fruit and vegetables with their meal.

HEALTHY CHOICES

- The cafeteria offers appealing variety of healthy dining choices.
- When new entrees are offered, samples are made available to the students so that they can try new flavors and new entrees, encouraging them to expand their dining choices.

Some of the offerings include:

Baked Fish Nuggets
Grilled Chicken Caesar Salad
Grilled Chicken Bento Box (sliced grilled chicken with string cheese, wheat bread, fresh fruit, baby carrots, and celery sticks)
Yogurt Bag Lunch
Fruit and Cheese Platter
Rotating Weekly Salad Choice - Cobb, Antipasto, Bruschetta Salad, Egg Salad, Tuna Salad, Grilled Chicken Garden Salad

MENU EVENTS

The cafeteria features special menu events encouraging healthful dining choices. Recent examples include the Heart Healthy Month, National Nutrition Month and Farm-to-School Week.

NEWSLETTER

The cafeteria features a nutrition newsletter each month with interesting facts about healthy lifestyle choices.