

Dear Parents,

March menus are available online. Please visit our [interactive menu](#) for details.

NEW THIS MARCH

Grilled Chicken Breast with Lettuce and Tomato on a Whole Wheat Wrap

Hummus Bento Box with a variety of Fresh Veggies for dipping, Fresh Fruits, and String Cheese

Fish and Chips

Grilled Chicken Breast with Cheese on a Bun



Your child can celebrate St. Patrick's Day early in the cafeteria – on March 15th students will receive a free sticker with his or her lunch purchase.

In honor of [National Nutrition Month](#), Pomptonian is challenging students to come up with healthy recipe ideas. Submissions for the [Healthy School Lunch Challenge](#) are due by March 22 and must include a photo. The first-place winner will win a vertical garden and banner for their school, and Pomptonian's Chef Greg will prepare the winning meal to be featured in the cafeteria.

Pomptonian is proud of our [Farm to Tray](#) initiative. Each month Pomptonian's Fruit and Vegetable of the Month feature produce from local farms. "Local" includes New Jersey, Pennsylvania, and New York.

The local Fruit of the Month, **Empire apples**, are from Porpiglia Farms. Founded in 1980, the once 26-acre farm has now expanded to encompass 550 acres in Ulster County, New York. It is a sweet apple with a crisp texture and bright white flesh. Empire apples are excellent for eating and salads, and good for sauce, baking, pies and freezing. It is an ideal lunch-box apple because it does not bruise easily. Coming in from Minkus Family Farms, southern Orange County, New York, **onions** are the local vegetable of the month. Half of the onions grown in New York State come from the rich farmlands of New York State's Orange County and Minkus Farms is the largest onion producer in that county. Onions are a nutrient-dense food, meaning that while they are low in calories, they are high in beneficial nutrients like vitamins, minerals, and antioxidants. Interestingly, onions contain quercetin, a flavonoid (antioxidant) that helps protect against heart disease and quercetin is also found in *apples!*

Pomptonian is pleased to be Ocean Township School District's food service provider, and we appreciate your comments and suggestions. You can reach us at jhoyt@pomptonian.com.