



Welcome back to school! Pomptonian is proud to be Colts Neck's food service provider and is looking forward to feeding your students this school year.

As we kick off the school year, we would like to share important information regarding the food service program.

- A complete lunch includes an entrée with the choice of milk or water, and a trip to The Farm Stand.
- The Farm Stand offers a variety of fresh fruits and vegetables daily, which are unlimited with the purchase of a lunch.
- Information regarding the lunch program can be found on the food service website: <https://coltsneck.fdmealplanner.com/MENUS>.
- The menus are interactive this year; this means you can view the nutrition information of the foods we serve. The menus are also available as an App, "FD MealPlanner."

Throughout the school year, we offer at least one local fruit and one local vegetable each month as part of our Farm-to-Tray program. The week of September 26th is Farm to School week. To celebrate, we will be serving Spaghetti Squash and Pears from Dagele Brothers Farm.

The cafeteria is an extension of the classroom and a place for students to learn about the importance of nutrition. Throughout the school year, we will be posting new editions of our Nutrition News. Be the first to watch the first edition of the Nutrition News this year: <https://www.youtube.com/watch?v=oyTeD6r7JIo>.

Looking forward to a nutritious and tasty 2022-2023 school year!