



January 2025

GLEN ROCK Elementary Schools



MONDAYS

Sun butter & Jelly Sandwich w/ Pretzels and String Cheese

Paris Café: Assorted Cheeses w/ Sweet Grapes & a Baguette Slice or Mini Croissant

Grilled Chicken Caesar Salad w/ a Dinner Roll

TUESDAYS

Turkey BLT Roll-Ups

Grab 'n Go Yogurt Box: Yogurt w/ String Cheese, Pretzels & Fruit

Asian Soba Noodle Salad w/ a Fortune Cookie

WEDNESDAYS

Wild West: Ham w/ Cheese on a Whole Grain Wrap

Peach Yogurt Parfait w/ Granola

Grilled Chicken Cobb Salad w/ a Dinner Roll

THURSDAYS

Grilled Chicken Caesar Wrap

Bagel Lunch: White or Whole Grain Bagel w/ Cream Cheese, Fruit & Vegetable

Chicken Chopped Salad w/ Ranch Dressing & a Roll

FRIDAYS

Italian Sub

Cereal Lunch w/ a Low-Fat Cheese Stick, Yogurt & Fruit

Chicken Salad Bento Box w/ Grapes & Pita Bread

1 2 3

Beef Nachos w/ Brown Rice and Scoops

Baked Ziti w/ Garlic Bread

Pizzeria Pizza

**New Year's Day
No School**

Pizzeria Pizza

Boneless Chicken Wings w/ French Fries

2025!

Popcorn Chicken w/ French Fries
Double Hot

Double Hot

6 7 8 9 10

 Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges

Appetizer Sampler

Chicken Filet On a Bun w/ Tater Tots

Popcorn Chicken Bowl

Stuffed Crust Pizza

Pizzeria Pizza

Pizzeria Pizza

Pizzeria Pizza

Pizzeria Pizza

Pasta w/ Meatballs
Double Hot

**Chicken Teriyaki w/
Vegetable Fried Rice and
Fortune Cookie
Double Hot**

**Pancake w/ Sausage
Patty and Hash brown
Double Hot**

Chicken Tenders w/
Mashed Potatoes
Double Hot

Pizzeria Pizza

Mozzarella Sticks w/ Marinara Dipping Sauce and Sweet Corn
Double Hot

13 14 15 16 17

French Toast w/ Egg Patty

Cheese Quesadillas w/ Corn and Beans and Scoops

Cheese Pierogis w/ Hot Dog Bites

Lasagna Roll Up w/ Pink Sauce and Garlic Bread

4- Cheese Tortellini w/ Marinara Sauce and Dinner Roll

Pizzeria Pizza

Pizzeria Pizza

Pizzeria Pizza

Pizzeria Pizza

Pizzeria Pizza

Chicken & Waffles
Double Hot

BBQ Rib w/ Mashed Potatoes
Double Hot

Pizza Crunchers w/ Sweet Potato Fries
Double Hot

Chicken Nuggets w/ French Fries
Double Hot

**Chicken Tenders w/
Roasted Vegetables
Double Hot**

20 21 22 23 24


NO SCHOOL

Pizza Quesadilla

Cheeseburger w/ French Fries
Hamburger w/ French Fries
Vegan Impossible Burger w/ French Fries
Pizzeria Pizza

Hot Honey Beef w/ Warm Tortillas and Brown Rice

Pizzeria Pizza
Korean BBQ Boneless Chicken Wings w/

 Organic Homemade Grilled Cheese w/ Local **Loaded Baked Local Potato Soup**

Pizzeria Pizza

	Chicken Tenders w/ Local Asian Pear Side Salad Double Hot	Pizza Calzone Double Hot	Vegetable Egg Roll and Fortune Cookie Double Hot	Chicken Nuggets w/ Tater Tots Double Hot
27	28	29	30	31
Sabrett All-Beef Hot Dog w/ Tater Tots	 Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges	Sloppy Joe Sandwich on a Kaiser w/ Baked Beans	Turkey Melt on a Kaiser w/ French Fries	Waffle Sticks w/ Tater Tots and Turkey Sausage
Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza
Pasta w/ Meatballs Double Hot	Pizzeria Pizza	Chicken Tenders w/ Roasted Vegetables Double Hot	Popcorn Chicken w/ Baked Onion Rings Double Hot	Boneless BBQ Chicken Thigh w/ Brown Rice Double Hot
	Boneless Chicken Wings w/ Dipping Sauce and a Dinner Roll Double Hot			

FRUIT OF THE MONTH



LOCALLY GROWN ASIAN PEARS

VEGETABLE OF THE MONTH



LOCALLY GROWN GOLD POTATOES


Go to
<http://glenrock.pomptonianmenus.com/order>
to place an order by credit card.



Fruits & vegetables from The Farm Stand are included with lunch.

FOOD ALLERGIES

Allergy-Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

- Traditional Lunch - \$5.50 per meal
- Double Hot Traditional Meal - \$6.50
- Dietz & Watson \$6.00 (Premium Meal)
- Featured Favorite Lunches - \$5.75 (Double Hot not available)
- Village Fresh Lunch - \$5.50 (Double Hot not available)
-  Organic Lunch - \$7.25 (Double Hot not available)
- 2-Slice Pizza Meal - \$6.25

Upgrade your Milk Selection!
Add an Organic Milk or Organic Chocolate Milk to your order for \$2.50 found in the BEVERAGE OR SNACK menu

A Complete Meal Includes:
Entrée w/ Protein/Grain
A Trip to The Farm Stand
Low-Fat Flavored Milk, Skim Milk, 1% Milk, or 4 oz. Pure Fruit Juice

Any questions, call Food Service Director at 201 445-7700 ext. 8965
Menu Subject to Change

Everything on this Menu is baked not Fried
Your comments are important to us. Please email us at comments@pomptonian.com