



November 2024 GLEN ROCK Elementary Schools



MONDAYS

(NEW) 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

4 5 6 7 8

FALL BREAK NO SCHOOL

11 Homemade Macaroni & Cheese w/ Garlic Bread Pizzeria Pizza Chicken Filet on a Bun w/ Mashed Potatoes Double Hot	12 Campbell's Tomato Soup w/ Homemade Grilled Cheese Pizzeria Pizza Baked Ziti w/ Garlic Bread Double Hot	13 Pizza Crunchers w/ Sweet Potato Fries Pizzeria Pizza Chicken Nuggets w/ French Fries Double Hot	14 Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges Pizzeria Pizza Sausage & Peppers w/ Italian Bread Double Hot	15 French Bread Pizza Pizzeria Pizza Chicken Tenders w/ Roasted Vegetables Double Hot
18 Cheeseburger w/ French Fries Beef Burger w/ French Fries Vegan Impossible Burger w/ French Fries Pizzeria Pizza Baked Mozzarella Sticks w/ Marinara Dipping Sauce and Sweet Corn	19 Homemade Roasted Butternut Squash Soup w/ Chicken Tenders & Dinner Roll Pizzeria Pizza Pancakes w/ an Egg Patty Double Hot	20 BBQ Beef Rib w/ Mashed Potatoes Pizzeria Pizza Waffles w/ Turkey Sausage and Hash brown Double Hot	21 Roasted Turkey w/ Gravy Mashed Potatoes, Homemade Local Cranberry Sauce, Braised Local Red Cabbage and Local Apple Cider: *Holiday Pretzel Included* Pizzeria Pizza Teriyaki Chicken w/ Asian	22 Organic Homemade Grilled Cheese w/ Sweet Potato Fries Pizzeria Pizza Chicken Cordon Bleu on a Brioche Bun Double Hot

Double Hot

Vegetables over
Vegetable Fried Rice &
Fortune Cookie
Double Hot

25	26	27	28	29
Sabrett All-Beef Hot Dog on a Bun w/ French Fries	Potato & Cheese Pierogi w/ Hot Dog Bites	NO LUNCH	NO LUNCH	NO LUNCH
Pizzeria Pizza	Pizzeria Pizza			
Pizza Crunchers w/ a Dinner Roll	Chicken Nuggets w/ Mashed Potatoes and BBQ Dipping Sauce			
Double Hot	Double Hot			



VEGETABLE OF THE MONTH



FRUIT OF THE MONTH



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