



SEPTEMBER GLEN ROCK

2024 Elementary Schools



POMPTONIAN
FOOD SERVICE

MONDAYS

Tuna Salad on a Whole Grain Wrap

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

Grilled Chicken Caesar Salad w/ a Dinner Roll

TUESDAYS

Boar's Head 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: Boar's Head 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

Boar's Head Italian Sub

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

Chicken Salad Bento Box w/ Grapes & Pita Bread



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Popcorn Chicken w/ Mashed Potatoes & a Dinner Roll


Pizzeria Pizza

Chicken Tenders w/ Roasted Veggies
Double Hot

Boneless Chicken Wings w/ BBQ Sauce & French Fries

Pizzeria Pizza

Nachos Grande w/ Cheddar Cheese Sauce & Mexican Corn
Double Hot

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

Pizzeria Pizza

Chicken Teriyaki Bowl w/ a Fortune Cookie
Double Hot

 Mediterranean Box w/ Organic Hummus, Pita Bread, Hard-Boiled Egg, Cucumber & Baby Carrots

Pizzeria Pizza

Pasta & Meatballs w/ a Dinner Roll
Double Hot

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French Bread Pizza

Pizzeria Pizza

Mozzarella Sticks w/ Marinara Sauce & Italian Bread
Double Hot

Chicken Parmesan on a Bun

Pizzeria Pizza

Chicken Nuggets w/ French Fries
Double Hot

3-Cheese Cavatappi w/ a Dinner Roll

Pizzeria Pizza

French Toast Sticks w/ Syrup, a Sausage Patty & Hash Brown Potatoes
Double Hot

 Baked Organic Mac & Cheese: Organic Pasta, Organic Cheddar Cheese & Organic Milk

Pizzeria Pizza

Popcorn Chicken w/ Italian Bread
Double Hot

Sabrett All-Beef Hot Dog w/ Vegetarian Baked Beans

Pizzeria Pizza

General Tso's Chicken w/ Rice & Broccoli
Double Hot

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Cheese Stuffed Shells in Pink Sauce w/ Mixed Veggies

Pizzeria Pizza

Popcorn Chicken w/ Dipping Sauce & a Dinner Roll
Double Hot

Large Hearty All-Natural Chicken Soup w/ a Whole Grain Roll

Pizzeria Pizza

Baked Ziti w/ Garlic Bread
Double Hot

Jersey Sliders: Mini Cheeseburgers w/ American Cheese & French Fries


Pizzeria Pizza

Chicken Fillet on a Bun
Double Hot

BBQ Chicken Sliders w/ Sweet Potato Fries

Pizzeria Pizza

BBQ Rib on a Bun w/ Mixed Veggies
Double Hot

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

Pizzeria Pizza

French Bread Pizza
Double Hot

23

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Potato & Cheese Pierogi w/ Hot Dog Bites

Pizzeria Pizza

Chicken Patty Parmesan on a Kaiser Roll
Double Hot

Homemade Tomato Soup w/ a Grilled Cheese Sandwich

Pizzeria Pizza

Pancakes w/ an Egg Patty
Double Hot

NATIONAL QUESADILLA DAY!
Quesadillas w/ Local Street Corn

 Organic Chicken & Cheese Beef & Cheese

or
Cheese Only

Pizzeria Pizza

Chicken & Waffles
Double Hot

Pasta Alfredo w/ Broccoli & Italian Bread

Pizzeria Pizza

Teriyaki Chicken w/ Asian Vegetables over Brown Rice
Double Hot

 Organic Meatloaf w/ Roasted Organic Red Potatoes & Sweet Carrots

Pizzeria Pizza

Chicken Cordon Bleu on a Brioche Bun
Double Hot

Sabrett All-Beef Hot
Dog on a Bun w/ French
Fries

Pizzeria Pizza

Pizza Crunchers w/ a
Dinner Roll
Double Hot



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



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

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

**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.

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

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*