


GLEN ROCK HIGH & MIDDLE SCHOOL – February 2025



AVAILABLE DAILY

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| <p>Monday 3</p> | <p>Chicken Parmesan w/ side Pasta</p> | <p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> <p>PIZZA ZONE</p> <p>Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Beef & Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce</p> <p>Pasta with Meatballs & Marinara Sauce</p> <p><i>Daily Dish</i></p> <p>FRESH FARMISTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p> |
| <p>Tuesday 4</p> | <p>Bacon Cheeseburgers w/ French Fries Vegan Impossible Burger w/ French Fries</p> | |
| <p>Wednesday 5</p> | <p>Breakfast for Lunch: French Toast w/ Turkey Sausage and Tater Tots</p> | |
| <p>Thursday 6</p> | <p>Beef Nachos w/ Scoops</p> | |
| <p>Friday 7</p> | <p>Superbowl Appetizer Sampler or 6' Foot Sub w/ Chips</p> | |

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand & a Choice of Milk.
All Snacks are in compliance with the State's Guidelines. Your comments are important to us. Please e-mail us at comments@pomptonian.com.
Menu Subject to Change.



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| <p>Monday 10</p> | <p>Homemade Mac & Cheese w/ Garlic Bread</p> | <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p><i>Deli Central</i></p> <p>VEGETABLE OF THE MONTH</p>  <p>LOCALLY GROWN CANDY CANE BEETS</p> </div> <div style="width: 35%; text-align: center;"> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> </div> <div style="width: 30%; text-align: right;"> <p>PIZZA ZONE</p> </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 20px;"> <div style="width: 30%;"> <p>AMERICAN GRILLE</p> </div> <div style="width: 35%; text-align: center;"> <p>Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Beef & Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce</p> </div> <div style="width: 30%; text-align: right;"> <p><i>Daily Dish</i></p> </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 20px;"> <div style="width: 30%;"> <p>FRESH FARMISTAND</p> </div> <div style="width: 35%; text-align: center;"> <p>Pasta with Meatballs & Marinara Sauce</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p> </div> </div> |
| <p>Tuesday 11</p> | <p>Chicken Teriyaki w/ Vegetable Egg Roll</p> | |
| <p>Wednesday 12</p> | <p>Homemade Cheese Quesadillas Homemade Chicken & Cheese Quesadillas w/ Chips and Salsa</p> | |
| <p>Thursday 13</p> | <p>BBQ Rib Sandwich w/ Mashed Potatoes</p> | |
| <p>Friday 14</p> | <p>Pizza Crunchers w/ <i>Local Candy Cane Beet Chips</i></p> | |

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FOOD ALLERGIES




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| <p>Monday 17</p> | <p>PRESIDENT'S DAY BREAK</p> | <p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p> <p>FRUIT OF THE MONTH</p>  <p>LOCALLY GROWN BLUEBERRIES</p>  <p>Pizzeria Pizza</p> <p>LOCAL OATS</p>  |
| <p>Tuesday 18</p> | <p>PRESIDENT'S DAY BREAK</p> | <p>AMERICAN GRILLE</p> <p>Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Beef & Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce</p> <p>PIZZA ZONE</p> |
| <p>Wednesday 19</p> | <p>Cheese Pierogis w/ Pork Kielbasa and Sauerkraut</p> | <p>FRESH FARMISTAND</p> <p>Pasta with Meatballs & Marinara Sauce</p> <p><i>Daily Dish</i></p> |
| <p>Thursday 20</p> | <p>Cheese Stuffed Shells in Pink Sauce w/ Garlic Bread</p> | <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p> |
| <p>Friday 21</p> | <p>Chicken & Waffles w/ <i>Local Blueberry Oat Crisp</i></p> | |

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| <p>Monday 24</p> | <p>Double-Stack Cheeseburger w/ French Fries</p> | <p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p>  <p>Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Beef & Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce</p> <p>Pasta with Meatballs & Marinara Sauce</p>  <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p> <p><i>FRESH FARMISTAND</i></p> |
| <p>Tuesday 25</p> | <p>Chili Cheese Dogs w/ Waffle Fries</p> | |
| <p>Wednesday 26</p> | <p>Popcorn Chicken Bowl</p> | |
| <p>Thursday 27</p> | <p>Meatball Parmesan</p> | |
| <p>Friday 28</p> | <p>General Tso's Chicken w/ Vegetable Fried Rice</p> | |

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| <p>Monday 27</p> | <p>Buffalo Mac & Cheese w/ Garlic Bread</p> | <p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p>  <p>Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Beef & Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce</p> <p>Pasta with Meatballs & Marinara Sauce</p>  <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p> <p><i>FRESH FARMISTAND</i></p> |
| <p>Tuesday 28</p> | <p>Orange Chicken w/ Vegetable Fried Rice and Vegetable Egg Roll</p> | |
| <p>Wednesday 29</p> | <p>Appetizer Sampler</p> | |
| <p>Thursday 30</p> | <p>Beef Burritos 3-Bean Vegetarian Burrito w/ Scoops</p> | |
| <p>Friday 31</p> | <p>Pasta w/ Marinara Sauce and Dinner Roll Pasta w/ Beef Meat Sauce and Dinner Roll Pasta w/ Alfredo Sauce & Dinner Roll</p> | |

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