







# GLEN ROCK HIGH & MIDDLE SCHOOL – January 2025



## AVAILABLE DAILY

Monday		 <p>Assorted Grab &amp; Go Sandwiches</p> 
Tuesday		<p>Pizzeria Pizza</p> 
Wednesday 1	NO SCHOOL	 <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 &amp; Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce</p>
Thursday 2	Beef Nachos w/ Scoops	<p>Pasta with Meatballs &amp; Marinara Sauce</p> 
Friday 3	Homemade Baked Ziti w/ Garlic Bread	 <p><b>Build-Your-Own Salad Bar</b> Assorted Grab &amp; Go Salad Specials</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](mailto:comments@pomptonian.com).  
Menu Subject to Change.






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<p><b>Monday</b> 6</p>	<p>BLT Cheeseburgers w/ Fries</p>	<p><i>Deli Central</i></p> <p>Assorted Grab &amp; 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 &amp; Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce</p> <p>Pasta with Meatballs &amp; Marinara Sauce</p> <p><i>Daily Dish</i></p> <p><b>Build-Your-Own Salad Bar</b> Assorted Grab &amp; Go Salad Specials</p> 
<p><b>Tuesday</b> 7</p>	<p>Appetizer Sampler</p>	
<p><b>Wednesday</b> 8</p>	<p><b>Foods Across America: Kentucky</b> <i>Kentucky Hot Brown Sandwich w/ Bacon or Turkey Bacon</i></p>	
<p><b>Thursday</b> 9</p>	<p>Popcorn Chicken Bowl</p>	
<p><b>Friday</b> 10</p>	<p>Roasted Turkey w/ Mashed Potatoes and Sweet Corn</p>	

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<p><b>Monday</b> 13</p>	<p>Chicken &amp; Waffles</p>	<p><i>Deli Central</i></p> <p>Assorted Grab &amp; Go Sandwiches</p>  <p>Pizzeria Pizza</p> 
<p><b>Tuesday</b> 14</p>	<p>Cheese Quesadillas w/ Salsa and Sour Cream Chicken &amp; Cheese Quesadillas w/ Salsa and Sour Cream</p>	
<p><b>Wednesday</b> 15</p>	<p><b>Foods Across America:</b> <b>New Mexico</b> <i>Frito Pie</i></p>	<p><b>AMERICAN GRILLE</b></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 &amp; Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce</p>
<p><b>Thursday</b> 16</p>	<p>Lasagna Roll Ups In Pink Sauce w/ Garlic Bread</p>	<p>Pasta with Meatballs &amp; Marinara Sauce</p> 
<p><b>Friday</b> 17</p>	<p>4- Cheese Tortellini w/ Marinara Sauce &amp; Dinner Roll 4- Cheese Tortellini w/ Beef Meat Sauce &amp; Dinner Roll</p>	<p><b>FRESH FARMSTAND</b></p> <p><b>Build-Your-Own Salad Bar</b> Assorted Grab &amp; Go Salad Specials</p>

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Monday 20	NO SCHOOL	<i>Deli Central</i>	Assorted Grab & Go Sandwiches		<b>FRUIT OF THE MONTH</b> 
Tuesday 21	Chicken Filet w/ Local Asian Pear Side Salad		Pizzeria Pizza	<b>PIZZA ZONE</b>	<b>LOCALLY GROWN ASIAN PEARS</b>
Wednesday 22	<b>Foods Across America: New York</b> Corned Beef Sandwich on Rye	<b>AMERICAN GRILLE</b>	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		<b>VEGETABLE OF THE MONTH</b> 
Thursday 23	Hot Honey Beef Nachos w/ Scoops		Pasta with Meatballs & Marinara Sauce		<b>LOCALLY GROWN GOLD POTATOES</b>
Friday 24	Homemade Grilled Cheese w/ Loaded Baked Local Potato Soup	<b>FRESH FARMSTAND</b>	<b>Build-Your-Own Salad Bar</b> Assorted Grab & Go Salad Specials	<i>Daily Dish</i>	

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<p><b>Monday</b> 27</p>	<p>Pasta w/ Meatballs and Italian Bread</p>	<p><i>Deli Central</i></p> <p>Assorted Grab &amp; Go Sandwiches</p>  <p>Pizzeria Pizza</p>
<p><b>Tuesday</b> 28</p>	<p>Buffalo Boneless Chicken Wings w/ French Fries</p>	<p><b>AMERICAN GRILLE</b></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 &amp; Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce</p> <p><b>PIZZA ZONE</b></p>
<p><b>Wednesday</b> 29</p>	<p>Sloppy Joe Hoagies w/ Baked Beans</p>	<p>Pasta with Meatballs &amp; Marinara Sauce</p>
<p><b>Thursday</b> 30</p>	<p>Turkey Melts on a Kaiser w/ Chips</p>	<p><i>Daily Dish</i></p>
<p><b>Friday</b> 31</p>	<p><b>Celebrating Lunar New Year</b> <i>Peking Chicken w/ Vegetable Fried Rice and an Egg Roll</i></p>	<p><b>FRESH FARMSTAND</b></p> <p><b>Build-Your-Own Salad Bar</b> Assorted Grab &amp; Go Salad Specials</p>

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