


GLEN ROCK HIGH & MIDDLE SCHOOL – NOVEMBER 2024



AVAILABLE DAILY

Monday		<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> <p>PIZZA ZONE</p>
Tuesday		
Wednesday		<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>
Thursday		<p>Pasta with Meatballs & Marinara Sauce</p> <p><i>Daily Dish</i></p>
Friday 1	NO SCHOOL	<p>FRESH FARMISTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & 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.
Menu Subject to Change.






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.



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Monday 4	FALL BREAK	     	Assorted Grab & Go Sandwiches
Tuesday 5	FALL BREAK		Pizzeria Pizza
Wednesday 6	FALL BREAK		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
Thursday 7	FALL BREAK		Pasta with Meatballs & Marinara Sauce
Friday 8	FALL BREAK		Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials

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<p>Monday 11</p>	<p>Mac & Cheese w/ Garlic Bread or Buffalo Mac & Cheese w/ Garlic Bread</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> 
<p>Tuesday 12</p>	<p>Campbell's Tomato Soup w/ Grilled Cheese Wedges</p>	
<p>Wednesday 13</p>	<p>Appetizer Sampler w/ Chips</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>Thursday 14</p>	<p>Double Stack Bacon Cheeseburger w/ Sweet Potato Fries</p>	<p>Pasta with Meatballs & Marinara Sauce</p> 
<p>Friday 15</p>	<p>Assorted French Bread Pizza</p>	<p>FRESH FARMSTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p>

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<p>Monday 18</p>	<p>Potato & Cheese Pierogi with Kielbasa & Sauerkraut</p>	<p><i>Deli Central</i></p>	<p>Assorted Grab & Go Sandwiches</p>	<p>LOCAL APPLE CIDER</p> 
<p>Tuesday 19</p>	<p>Roasted Butternut Squash Soup w/ Chicken Tenders & Italian Bread</p>	<p>VEGETABLE OF THE MONTH</p>  <p>LOCALLY GROWN RED CABBAGE</p>	 <p>Pizzeria Pizza</p>	<p>PIZZA ZONE</p>
<p>Wednesday 20</p>	<p>Chicken & Waffles</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</p>	<p>FRUIT OF THE MONTH</p>  <p>LOCALLY GROWN CRANBERRIES</p>
<p>Thursday 21</p>	<p>Roasted Turkey w/ Gravy, Mashed Potatoes, Homemade Local Cranberry Sauce, Braised Local Red Cabbage in Local Apple Cider</p>	<p>FRESH FARMSTAND</p>	<p>Mozzarella-Stuffed Sticks with Marinara Sauce</p> <p>Pasta with Meatballs & Marinara Sauce</p>	<p><i>Daily Dish</i></p>
<p>Friday 22</p>	<p>Chicken Cordon Bleu on a Brioche Bun</p>	<p>FRESH FARMSTAND</p>	<p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p>	

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<p>Monday 25</p>	<p>Chili Cheese Dog – All-Beef Hot Dog served with Beef Chili, Cheese & Choice of Toppings served with Roasted Red Potatoes</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p><i>Deli Central</i></p> <p>AMERICAN GRILLE</p> <p>FRESH FARMSTAND</p> </div> <div style="width: 40%; text-align: center;"> <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> </div> <div style="width: 25%; text-align: right;"> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p> </div> </div>
<p>Tuesday 26</p>	<p>Popcorn Chicken Bowl</p>	
<p>Wednesday 27</p>	<p>EARLY DISMISSAL NO LUNCH</p>	
<p>Thursday 28</p>	<p>NO SCHOOL</p>	
<p>Friday 29</p>	<p>NO SCHOOL</p>	

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