GLEN ROCK HIGH & MIDDLE SCHOOL -NOVEMBER 2024







	2			
Monday		Peli Central	Assorted Grab & Go Sandwiches DIETZ& WATSON	
Tuesday			WATSON	21223
			Pizzeria Pizza	ZONE
Wednesday		American Grille	Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll	
Thursday		Omana	Beef & Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce	
			Pasta with Meatballs & Marinara Sauce	Daily
Friday 1	NO SCHOOL	FRESH FARMSTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials	Disit

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.

GLEN ROCK HIGH & MIDDLE SCHOOL – NOVEMBER 2024





AVAILABLE DAILY

FALL BREAK
FALL BREAK
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FALL BREAK

Deli Central

Assorted Grab & Go Sandwiches



Pizzeria Pizza



American Grille 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

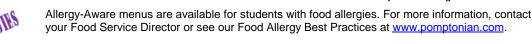
Pasta with Meatballs & Marinara Sauce



FRESH FARMSTAND

Build-Your-Own Salad BarAssorted Grab & Go Salad Specials

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GLEN ROCK HIGH & MIDDLE SCHOOL – NOVEMBER 2024





AVAILABLE DAILY

9
Mac & Cheese w/ Garlic Bread or Buffalo Mac & Cheese w/ Garlic Bread
Campbell's Tomato Soup w/ Grilled Cheese Wedges
Appetizer Sampler w/ Chips
Double Stack Bacon Cheeseburger w/ Sweet Potato Fries
Assorted French Bread Pizza



Assorted Grab & Go Sandwiches



Pizzeria Pizza



American Grille 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

Pasta with Meatballs & Marinara Sauce



FRESH FARMSTAND

Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials

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GLEN ROCK HIGH & MIDDLE SCHOOL -**NOVEMBER 2024**





AVAILABLE DAILY

Monday 18	Potato & Cheese Pierogi with Kielbasa & Sauerkraut
Tuesday 19	Roasted Butternut Squash Soup w/ Chicken Tenders & Italian Bread
Wednesday 20	Chicken & Waffles
Thursday 21	Roasted Turkey w/ Gravy, Mashed Potatoes, Homemade Local Cranberry Sauce, Braised Local Red Cabbage in Local Apple Cider
Friday 22	Chicken Cordon Bleu on a Brioche Bun

VEGETABLE OF THE MONTH



Assorted Grab & Go Sandwiches



Pizzeria Pizza



FRUIT OF THE MONTH

LOCALLY GROWN CRANBERRIES



AMERICAN GRILLE

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

Pasta with Meatballs & Marinara Sauce



Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials

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GLEN ROCK HIGH & MIDDLE SCHOOL – NOVEMBER 2024







Chili Cheese Dog – All-Beef Hot Dog served with Beef Chili, Cheese & Choice of Toppings served with Roasted Red Potatoes
Popcorn Chicken Bowl
EARLY DISMISSAL NO LUNCH
NO SCHOOL
NO SCHOOL

Deli Central

Assorted Grab & Go Sandwiches



Pizzeria Pizza



American Grille 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

Pasta with Meatballs & Marinara Sauce



FRESH FARWSTAND

Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials

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