


GLEN ROCK HIGH & MIDDLE SCHOOL – OCTOBER 2024



AVAILABLE DAILY

<p>Monday September 30</p>	<p>Chili Cheese Dog – All-Beef Hot Dog served with Beef Chili, Cheese and 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 FARMISTAND</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> <p>FRUIT OF THE MONTH  LOCALLY GROWN SUNCRISP APPLES</p> </div> </div>
<p>Tuesday 1</p>	<p>Grilled Chicken BLT with Chips and a Pickle Wedge</p>	
<p>Wednesday 2</p>	<p>Baked Ziti with Homemade Garlic Bread</p>	
<p>Thursday 3</p>	<p>NO SCHOOL</p>	
<p>Friday 4</p>	<p>No SCHOOL</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.

FOOD ALLERGIES

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<p>Monday 7</p>	<p>Homemade Macaroni and Cheese with Italian Bread</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>
<p>Tuesday 8</p>	<p>Homemade Grilled Cheese Sandwich served with Tomato Soup</p>	<p>Pizzeria Pizza</p> <p>PIZZA ZONE</p>
<p>Wednesday 9</p>	<p>Beef Burrito with Scoops Chips OR 3-Bean Vegetarian Burrito with Scoops 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 10</p>	<p>Chicken Parmesan on a Bun</p>	<p>Pasta with Meatballs & Marinara Sauce</p> <p><i>Daily Dish</i></p>
<p>Friday 11</p>	<p>Hot Dog Bar with Assorted Toppings and Waffle Fries</p> <p><i>Celebrating Hispanic Heritage Month</i> Cuban Sandwich with Plantain Chips</p>	<p>FRESH FARMISTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p>

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<p>Monday 14</p>	<p>EARLY DISMISSAL</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>
<p>Tuesday 15</p>	<p>Chicken Noodle Soup with a Buttermilk Biscuit</p>	<p>Pizzeria Pizza</p> <p>PIZZA ZONE</p>
<p>Wednesday 16</p>	<p>Stuffed Crust Pizza Teriyaki Chicken with <i>Local Baby Bok Choy Vegetable</i> and Fried Rice</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 17</p>	<p>Panther Stuffed Sandwich with Pizza Crunchers, Boneless Chicken Wings and French Fries served with Chips</p>	<p>Pasta with Meatballs & Marinara Sauce</p> <p>Daily Dish</p>
<p>Friday 18</p>	<p>Pasta and Meatballs with Alfredo Sauce</p>	<p>FRESH FARMISTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p> <p>VEGETABLE OF THE MONTH</p> <p> LOCALLY GROWN BABY BOK CHOY</p>

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<p>Monday 21</p>	<p>Popcorn Chicken Bowl with Mashed Potatoes, Cheddar Cheese, Gravy and Sweet Corn</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>
<p>Tuesday 22</p>	<p>Breakfast for Lunch – French Toast or Pancakes with a Sausage Patty and Hash Brown</p>	<p>Pizzeria Pizza</p>
<p>Wednesday 23</p>	<p>3-Cheese Cavatappi with Veggies and a Dinner Roll Cheese Pierogi and Bratwurst with <i>Local Caramelized Onions</i> with Pretzel Roll and Cheese Dip</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>Pasta with Meatballs & Marinara Sauce</p>
<p>Thursday 24</p>	<p>Cheese-Stuffed Shells in a Pink Sauce with Mixed Veggies and Garlic Bread</p>	<p>FRESH FARMISTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p>
<p>Friday 25</p>	<p>General Tso's Chicken with Rice and Broccoli</p>	<p><i>Daily Dish</i></p> <p>VEGETABLE OF THE MONTH</p> <p> LOCALLY GROWN YELLOW ONIONS</p>

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<p>Monday 28</p>	<p>Cheese-Stuffed Shells with Pink Sauce, Mixed Veggies and Garlic Bread Featuring <i>Local Roasted Cauliflower</i></p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>
<p>Tuesday 29</p>	<p>6-Foot Sub Day – Choice of Italian or Turkey with Chips</p>	<p>Pizzeria Pizza</p> <p>PIZZA ZONE</p>
<p>Wednesday 30</p>	<p>Chicken and Cheese Quesadilla OR Cheese Quesadillas with Sour Cream and Guacamole</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 31</p>	<p>Meatball Parmesan with Mashed Potatoes</p> <p>Mummy Hot Dog with French Fries</p>	<p>Pasta with Meatballs & Marinara Sauce</p> <p><i>Daily Dish</i></p>
<p>Friday November 1</p>	<p>French Bread Pizza</p>	<p>FRESH FARMISTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p> <p>VEGETABLE OF THE MONTH</p> <p></p> <p>LOCALLY GROWN CAULIFLOWER</p>

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