







GLEN ROCK HIGH & MIDDLE SCHOOL – March 2025



AVAILABLE DAILY

Monday 3	Chicken Parmesan w/ side Pasta	 Assorted Grab & Go Sandwiches  Pizzeria Pizza
Tuesday 4	Bacon Cheeseburgers w/ French Fries Vegan Impossible Burger w/ French Fries	  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
Wednesday 5	Flavors Around the World Dominican Republic <i>Mangu Tres Golpes</i>	 Pasta with Meatballs & Marinara Sauce
Thursday 6	Beef Nachos w/ Scoops	 Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials
Friday 7	6' Foot Sub w/ Chips	

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




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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<p>Monday 10</p>	<p>NO LUNCH</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p> 
<p>Tuesday 11</p>	<p>Chicken Teriyaki w/ Vegetable Egg Roll</p>	<p>Pizzeria Pizza</p> 
<p>Wednesday 12</p>	<p>Flavors Around the World India <i>Chicken Biryani or Chana Masala over Spiced Basmati Rice</i></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 13</p>	<p>BBQ Rib Sandwich w/ Mashed Potatoes</p>	<p>Pasta with Meatballs & Marinara Sauce</p> 
<p>Friday 14</p>	<p>Pizza Crunchers</p>	<p>FRESH FARMSTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p>

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<p>Monday 17</p>	<p>Corned Beef Reuben w/ French Fries</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> 
<p>Tuesday 18</p>	<p>Popcorn Chicken Bowl</p>	
<p>Wednesday 19</p>	<p>Flavors Around the World Vietnam <i>Chicken Bahn Mi Sandwich</i></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 20</p>	<p>Cheese Stuffed Shells in Pink Sauce w/ Garlic Bread</p>	<p>Pasta with Meatballs & Marinara Sauce</p> 
<p>Friday 21</p>	<p>Chicken & Waffles</p>	<p>FRESH FARMSTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</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>Tuesday 25</p>	<p>Chili Cheese Dogs w/ Waffle Fries</p>	<p>VEGETABLE OF THE MONTH</p> <p> CRUSHED LOCAL TOMATOES</p> <p> Pizzeria Pizza</p> <p>PIZZA ZONE</p>
<p>Wednesday 26</p>	<p>Cheese Arancini w/ Marinara Sauce <i>featuring Local Crushed Tomatoes</i></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 27</p>	<p>Meatball Parmesan</p>	<p>Pasta with Meatballs & Marinara Sauce</p> <p><i>Daily Dish</i></p>
<p>Friday 28</p>	<p>General Tso's Chicken w/ Vegetable Fried Rice</p>	<p>FRESH FARMSTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p>

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<p>Monday 31</p>	<p>Buffalo Mac & Cheese w/ Garlic Bread</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p> 
<p>Tuesday</p>		<p>Pizzeria Pizza</p> 
<p>Wednesday</p>		<p><i>AMERICAN GRILLE</i></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>Thursday</p>		<p>Mozzarella-Stuffed Sticks with Marinara Sauce</p> <p>Pasta with Meatballs & Marinara Sauce</p> 
<p>Friday</p>		<p><i>FRESH FARMSTAND</i></p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p>

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