


Glen Rock HIGH & MIDDLE SCHOOL – April 2024



AVAILABLE DAILY

Monday 1	Pasta Bar Marinara Sauce, Alfredo, Beef Meat Sauce w/ Homemade Cheesy Garlic Bread	Deli Central	Assorted Grab & Go Sandwiches 	
Tuesday 2	Meatball Parmesan Hero w/ French Fries	AMERICAN GRILLE	Pizzeria Pizza All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Pasta w/ Meatballs & Marinara Sauce	PIZZA ZONE
Wednesday 3	Chicken Teriyaki Lo Mein			
Thursday 4	Chicken & Waffles	FRESH FARMISTAND		Daily Dish
Friday 5	Homemade Buffalo Chicken Mac & Cheese Homemade Mac & Cheese			



Allergy Aware menus are available for students w/ food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & a Choice of Milk. All Snacks are in compliance w/ the State's Guidelines. Your comments are important to us. Please e-mail us at comments@pomptonian.com. Menu Subject to Change. Menu subject to change.








At least 50% of All Grains served w/ your meal are Whole Grain Rich



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Monday 8	Breakfast Platter: French Toast, Egg Patty, Cheese Stuffed Hash Brown	   Pasta w/ Meatballs &     <div> THIS WEEK IS NATIONAL SCHOOL BREAKFAST WEEK! </div>
Tuesday 9	Sausage & Peppers w/ Rice	
Wednesday 10	Pasta w/ Meatballs Pasta Primavera with Broccoli, Parmesan and Roasted Garlic	
Thursday 11	Hot Dogs with Beef Chili or 3- Bean Vegetarian Chili Nacho Cheese And Tortilla Rounds	
Friday 12	3- Cheese Cavatappi	



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Monday 15	 Organic Beef Burgers on a Brioche Bun w/ French Fries	   	Assorted Grab & Go Sandwiches	 
Tuesday 16	Homemade Texas Toast Grilled Cheese w/ Chicken Noodle Soup		Pizzeria Pizza	
Wednesday 17	Chicken & Cheese Quesadillas w/ French Fries, Salsa, and Sour Cream Cheese Quesadillas w/ French Fries, Salsa, and Sour Cream		All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Pasta w/ Meatballs & Marinara Sauce	
Thursday 18	Stuffed Crust Pizza			
Friday 19	Popcorn Chicken Bowl			



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Monday 22	Cheese & Potato Pierogis w/ Sauerkraut and Kielbasa Featuring: Sorghum Tabbouleh and Parmesan Spinach CousCous	  	Assorted Grab & Go Sandwiches	 
Tuesday 23	Tamales: Beef & Cheese, Chicken & Cheese, Green Chili & Cheese w/ Rice and Beans		 Pizzeria Pizza All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Pasta w/ Meatballs & Marinara Sauce	
Wednesday 24	Pizza Bagels Pizza Bagels w/ Pepperoni			
Thursday 25	BBQ Rib Hero w/ Mashed Potatoes			
Friday 26	Assorted Bone-In Chicken Wings w/ Chips			



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Monday 29	4 Cheese Tortellini w/ Alfredo Sauce	Deli Central	Assorted Grab & Go Sandwiches	
Tuesday 30	Chicken Cordon Bleu on a Kaiser			
		AMERICAN GRILLE	Pizzeria Pizza All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Pasta w/ Meatballs & Marinara Sauce	PIZZA ZONE
		FRESH FARMISTAND		Daily Dish



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