


Glen Rock HIGH & MIDDLE SCHOOL – March 2024



AVAILABLE DAILY

Monday		Deli Central Assorted Grab & Go Sandwiches 
Tuesday		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		FRESH FARMISTAND Daily Dish
Thursday		
Friday 1	Grilled Chicken BLT's w/ French Fries	



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 4	Chicken & Waffles	 Assorted Grab & Go Sandwiches  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 
Tuesday 5	Breakfast Platter: French Toast, Egg Patty and Tater Tots	
Wednesday 6	Japanese Congee	
Thursday 7	Assorted Breakfast Burritos	
Friday 8	Breakfast Biscuit Sandwiches w/ Scrambled Eggs	

THIS WEEK IS NATIONAL SCHOOL BREAKFAST WEEK!



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Monday 11	Early Dismissal	     
Tuesday 12	Pasta w/ Meatballs and Homemade Cheesy Garlic Bread	
Wednesday 13	Argentinian Choripan	
Thursday 14	Stuffed Crust Pizza	
Friday 15	Chicken Teriyaki w/ Vegetable Fried Rice	



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Monday 18	Corn Beef Reuben Paninis w/ Sweet Potato Wedges	 Assorted Grab & Go Sandwiches  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     
Tuesday 19	Pizza Burgers on a Brioche Bun w/ Mashed Potatoes	
Wednesday 20	Swedish Meatballs w/ Egg Noodles	
Thursday 21	Potato & Cheese Pierogis w/ Sauerkraut and Kielbasa	
Friday 22	Ballpark Meal: Chili Cheese Dog or Beef Burger w/ Waffle Fries & Chips	



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Monday 25	Spring Break	    	Assorted Grab & Go Sandwiches	
Tuesday 26	Spring Break		Pizzeria Pizza	
Wednesday 27	Spring Break		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 28	Spring Break			
Friday 29	Spring Break			



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