



Glen Rock HIGH & MIDDLE SCHOOL – May 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 1	 Organic Beef Burger BLT's w/ Chips			Daily Dish
Thursday 2	Popcorn Chicken Bowl w/ Italian Bread	FRESH FARMISTAND		
Friday 3	Soft or Hard Shell Tacos with Pico De Gallo and Sour Cream			



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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<p>Monday 6</p>	<p>Pasta w/ Meatballs Pasta w/ Alfredo Sauce</p>	<div style="display: flex; justify-content: space-between;"> <div style="text-align: left;"> <p><i>Deli Central</i></p> <p>AMERICAN GRILLE</p> <p>Pasta w/ Meatballs &</p> <p>FRESH FARMISTAND</p> </div> <div style="text-align: center;"> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> <p>All-White Meat Chicken Tenders w/ Fries</p> <p>Crispy Chicken Fillet on a Kaiser Roll</p> <p>Spicy Chicken Fillet on a Kaiser Roll</p> <p>Cheeseburger Sliders on Buns</p>  </div> <div style="text-align: right;"> <p>PIZZA ZONE</p> <p>Marinara Sauce</p> <p><i>Daily Dish</i></p> </div> </div> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> <p>THIS WEEK IS NATIONAL SCHOOL BREAKFAST WEEK!</p> </div>
<p>Tuesday 7</p>	<p>Four Cheese Enchiladas w/ Rice & Beans and Local Scallions Beef Enchiladas w/ Rice & Beans and Local Scallions</p>	
<p>Wednesday 8</p>	<p>Homemade Buffalo Mac & Cheese w/ Garlic Bread</p>	
<p>Thursday 9</p>	<p>Breakfast for Lunch: Pancakes, Waffles with Turkey Sausage and Stuffed Cheese Hash Brown</p>	
<p>Friday 10</p>	<p>Stuffed Panther Sandwich</p>	



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<p>Monday 13</p>	<p>Beef Nachos or Vegetarian Three Bean Nachos w/ Brown Rice and Cheddar Cheese</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p><i>AMERICAN GRILLE</i></p> <p>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</p> <p><i>FRESH FARMISTAND</i></p> <p><i>PIZZA ZONE</i></p> <p><i>Daily Dish</i></p>
<p>Tuesday 14</p>	<p>Grilled Chicken Rice Bowl</p>	
<p>Wednesday 15</p>	<p>Chicken & Cheese Quesadillas w/ French Fries, Salsa, and Sour Cream Cheese Quesadillas w/ French Fries, Salsa, and Sour Cream</p>	
<p>Thursday 16</p>	<p>Orange Chicken w/ Vegetable Fried Rice</p>	
<p>Friday 17</p>	<p>Chicken Tikka Masala w/ Pita Bread</p>	



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Daily Dish

AVAILABLE DAILY

<p>Monday 20</p>	<p>Chili Cheese Dogs w/ Chips</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>AMERICAN GRILLE</p> <p>Pizzeria Pizza</p> <p>All-White Meat Chicken Tenders w/ Fries</p> <p>Crispy Chicken Fillet on a Kaiser Roll</p> <p>Spicy Chicken Fillet on a Kaiser Roll</p> <p>Cheeseburger Sliders on Buns</p> <p>Pasta w/ Meatballs & Marinara Sauce</p> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p> <p>FRESH FARMISTAND</p>
<p>Tuesday 21</p>	<p>Chicken, Beef or Spinach & Cheese Empanadas w/ Sweet Plantains</p>	
<p>Wednesday 22</p>	<p>Pasta Primavera w/ Homemade Garlic Bread</p>	
<p>Thursday 23</p>	<p>Chicken & Waffles</p>	
<p>Friday 24</p>	<p>Pizza Bagels Pizza Bagels w/ Pepperoni</p>	

FOOD ALLERGIES

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<p>Monday 27</p>	<p>Memorial Day School Closed</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> <p>All-White Meat Chicken Tenders w/ Fries</p> <p>Crispy Chicken Fillet on a Kaiser Roll</p> <p>Spicy Chicken Fillet on a Kaiser Roll</p> <p>Cheeseburger Sliders on Buns</p> <p>Pasta w/ Meatballs & Marinara Sauce</p> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p> <p>FRESH FARMISTAND</p>
<p>Tuesday 28</p>	<p>Appetizer Sampler</p>	
<p>Wednesday 29</p>	<p>BBQ Pulled Pork on a Kaiser Roll w/ Roasted Veggies</p>	
<p>Thursday 30</p>	<p>Turkey & Cheese Melts w/ Chips</p>	
<p>Friday 31</p>	<p>Philly Cheesesteaks w/ Pepper, Onions and Mushrooms</p>	



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