



# 2021-2022

## Glen Rock School District

**SESAME-SAFE MENU** Only with documented allergy

**SESAME-FREE  
STUDENTS MUST  
ORDER FROM THIS  
MENU ONLY**

- Mondays (M)** All-White Meat Chicken Tenders w/ a Dinner Roll
- Tuesdays (T)** Sabrett All-Beef Hot Dog on a Bun
- Wednesdays (W)** Grilled Chicken Sandwich
- Thursdays (TH)** Cheeseburger on a Bun
- Fridays (F)** Personal Cheese Pizza

**A Complete Lunch Includes:**  
 Entrée (with Protein/Grain)  
**Fruit/Vegetable**  
 Milk

**Important consideration when deciding to participate in Sesame-Safe school lunch offerings:**

Pomptonian's staff prepares and cooks a wide variety of meals and does not have separate equipment and space for sesame-safe (SES) meal preparation. To minimize the chance for cross-contamination, the SES items that are available for pre-order, are prepared by trained staff with, as per the manufacturer's label, sesame-safe ingredients.

**Cut at this line and keep the above menu portion for your reference.**  
 Please submit lunch forms promptly. Late submissions may not be properly recorded.

"This institution is an equal opportunity provider."

Please use the numbers/codes listed above to indicate your selections *for the month* on the order form below and return it by 1 week prior in an envelope to your school cafeteria. It is important to go over the menu with your child. If your student is going to be absent on a day that lunch was ordered, please call the Food Service Director at 201-445-7700 between 8:00 & 8:30 a.m. the morning the student is to be absent.

MONTH:	MON	TUE	WED	THU	FRI
Week of:					
Week of:					
Week of:					
Week of:					
Week of:					

STUDENT'S NAME \_\_\_\_\_

GRADE/TEACHER \_\_\_\_\_

SCHOOL \_\_\_\_\_

PARENT/GUARDIAN PHONE # \_\_\_\_\_

PARENT/GUARDIAN E-MAIL \_\_\_\_\_

NUMBER OF MEALS SELECTED \_\_\_\_\_

**NOTE TO FREE LUNCH RECIPIENTS:** If you plan to participate in the lunch program, you **must** fill out and return this form.

SES