



SEPTEMBER 2019

GLEN ROCK

Elementary Schools



MONDAYS

All-American: BOAR'S HEAD Roasted Turkey on a Whole Grain Wrap
 Paris Café: Assorted Cheeses w/ Sweet Grapes & a Baguette Slice or Mini Croissant
 Grilled Chicken Caesar Salad w/ a Dinner Roll

TUESDAYS

BOAR'S HEAD Turkey BLT Roll-Ups
 Grab 'n Go Yogurt Box: Yogurt w/ String Cheese, Honey-Wheat Pretzels & Fruit
 Asian Soba Noodle Salad w/ a Fortune Cookie

WEDNESDAYS

Wild West: BOAR'S HEAD Ham w/ Cheese on a Whole Grain Wrap
 Peach Mango Yogurt Parfait w/ Granola
 Fresh Farmer Garden Salad w/ Mozzarella Cheese & a Dinner Roll

THURSDAYS

BOAR'S HEAD Honey Turkey Pinwheels
 Bagel Lunch: White or Whole Grain Bagel w/ Cream Cheese, Fruit & Vegetable
 Chicken Chopped Salad w/ Ranch Dressing & a Roll

FRIDAYS

BOAR'S HEAD Italian Sub
 Cereal Lunch w/ a Low-Fat Cheese Stick, Yogurt & Fruit
 Traditional Boar's Head Chef's Salad w/ a Dinner Roll

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Half Day – No Lunch Service



Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges

Mediterranean Box w/ Organic Hummus, Pita Bread, Hard-Boiled Egg, Cucumber & Baby Carrots

Pizzeria Pizza

Eggplant Parmesan w/ Pasta

Pizzeria Pizza

Sabrett All-Beef Hot Dog on a Bun
Double Hot

Meatball Sub
Double Hot

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Fiesta Bowl: Mexican Rice w/ Seasoned Beef, Black Beans & Cheddar Cheese served w/ Tortilla Chips

Homemade Tomato Soup & an All-White Meat Chicken Fillet Sandwich

All-White Meat Chicken Tenders w/ Sweet Corn Niblets

Baked Organic Mac & Cheese: Organic Pasta, Organic Cheddar Cheese & Organic Milk

Organic Asian Chicken Stir-Fry w/ Organic Chicken & Vegetables served w/ Organic Rice

Pizzeria Pizza

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Pizzeria Pizza

Mozzarella Sticks w/ Marinara Sauce & Italian Bread
Double Hot

Panther Cheeseburger on a Bun w/ Potato Wedges
Double Hot

French Toast Sticks w/ Syrup, a Sausage Patty & Hash Brown Potatoes
Double Hot

Popcorn Chicken w/ Italian Bread
Double Hot

Beef Sliders on Mini Buns
Double Hot

16

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Cage-Free Chicken Tenders w/ Potato Wedges

Large Hearty All-Natural Chicken Soup w/ a Whole Grain Roll

HSA Pizza Day in Coleman
 All-Natural Beef Burrito

Baked Organic Barbecue Chicken Wings served w/ Organic Baked Sweet Potato Fries

Organic Grilled Cheese Sandwich on Soft Wheat Bread w/ Organic Sweet Potato Wedges

Pizzeria Pizza

Pizzeria Pizza

Pizzeria Pizza
Grilled BBQ Chicken on a Bun in Coleman

Pizzeria Pizza

Pizzeria Pizza

Cheesesteak Hero w/ Crinkle Cut Fries
Double Hot

Sabrett All-Beef Hot Dog on a Bun w/ Smiley Potatoes
Double Hot

Baked Ziti w/ Garlic Bread
Double Hot

Homemade Macaroni & Cheese w/ Italian Bread
Double Hot

Meatball Sub
Double Hot

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Asian Chicken Noodle Bowl: Grilled Chicken & Fresh Veggies over Lo Mein Noodles w/ Teriyaki Sauce & a Fortune Cookie

HSA Pizza Day in Hamilton
 Homemade Tomato Soup w/ a Grilled Cheese Sandwich

Cheese Tortellini w/ Homemade Alfredo Sauce
 Pizzeria Pizza

HSA Pizza Day in Central
 Bento Box: Organic Pasta Salad w/ Organic Mozzarella Cheese, Organic Tomato & Organic Pepper, Organic Hard-Boiled Egg, Organic Melon & Annie's Organic Bunny Grahams

Organic Meatloaf w/ Roasted Organic Red Potatoes & Sweet Carrots
 Pizzeria Pizza

Pizzeria Pizza

Pizzeria Pizza
Grilled BBQ Chicken on a Bun in Hamilton

Jersey Sliders: Mini Cheeseburgers w/ American Cheese & French Fries
Double Hot

Pizzeria Pizza
Grilled BBQ Chicken on a Bun in Central

Mozzarella Sticks w/ Marinara Sauce & Italian Bread
Double Hot

Popcorn Chicken w/ Italian Bread
Double Hot

Chicken Patty Parm. on a Kaiser Roll
Double Hot

Hamilton Book Fair!

Jersey Fresh Farm to School Week

Teriyaki Chicken w/ Asian Vegetables over Brown Rice
Double Hot

No School - Rosh
Hashanah




Go to
<http://glenrock.pomptonianmenus.com/order>
to place an order by credit card.

For order edits or cancellations, please e-mail
cafeteria@glenrocknj.org by 8:00 a.m.



Fruits & vegetables from
The Farm Stand are
included with lunch.

Traditional Lunch - \$3.60 per meal
Double Hot Traditional Meal - \$4.60
Boar's Head & Featured Favorite Lunches - \$4.60 (Double Hot not available)
Village Fresh Lunch - \$4.85 (Double Hot not available)
 Organic Lunch - \$6.20 (Double Hot not available)
2-Slice Pizza Meal - \$4.85

A Complete Meal Includes:

Entrée w/ Protein/Grain

A Trip to The Farm Stand

Low-Fat Chocolate Milk, Skim Milk, 1% Milk,
or 4 oz. Pure Fruit Juice

Upgrade your Milk Selection!

Add an Organic Milk or Organic Chocolate Milk to your order
for \$2.00, found in the BEVERAGE OR SNACK menu

Any questions, call Food Service Director
at 201 445-7700 ext. 8965
Menu Subject to Change

Everything on this Menu is Baked not Fried

*Your comments are important to us. Please email us at
comments@pomptonian.com*