



# March 2023

# GLEN ROCK

## Elementary Schools



### MONDAYS

BOAR'S HEAD Turkey & Cheese on a Kaiser

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 Yogurt Parfait w/ Granola

Italian Salad Platter w/ Dinner Roll

### THURSDAYS

Grilled Chicken Caesar Wrap

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

Hummus Salad Platter w/ Pita Bread

		1	2	3
		<b>Flavors Around The World: Columbia:</b> Shredded Pork & Cabbage Arepas w/ Columbian Rice & Beans	Organic Pasta w/ Organic Beef Meatballs & Tomato Sauce	Cheese Tortellini w/ Homemade Alfredo Sauce & Dinner Roll
		Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza
		Pizza Crunchers w/ Marinara Sauce & Italian Bread <b>Double Hot</b>	Panther Cheeseburger on bun w/ Potato Wedges <b>Double Hot</b>	French Toast Sticks w/ Syrup, a Sausage Patty & Hash Browns <b>Double Hot</b>

6	7	8	9	10
Potato & Cheese Pierogi w/ Dinner Roll	Eggplant Parmesan over Pasta	<b>Flavors Around The World: Thailand:</b> Chicken Pad Thai	All Natural Beef Burrito	Organic Grilled Cheese Sandwich w/ Organic Chicken & Rice Soup
Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza
Chicken Nuggets, Mashed Potato w/ Gravy & Dinner Roll <b>Double Hot</b>	General Tso's Chicken w/ Brown Rice & Vegetables <b>Double Hot</b>	Breaded Fish Sticks w/ Fries <b>Double Hot</b>	Mozzarella Cheese Stuffed Shells w/ Italian Bread <b>Double Hot</b>	Sabrett All Beef Hotdog w/ Baked Beans <b>Double Hot</b>

13	14	15	16	17
<b>½ Day- No Lunch Served</b>	Fiesta Bowl: Mexican Rice w/ Seasoned Beef, Black Beans, Cheddar Cheese & Tortilla Chips	<b>Flavors Around The World: Madagascar:</b> Akoho Sy Voaino (Coconut Chicken) served w/ Rice	Asian Chicken Noodle Bowl: Grilled Chicken & Fresh Veggies over Lomein Noodles w/ Teriyaki Sauce & Fortune Cookie	Organic Meatloaf w/ Roasted Organic Red Potatoes & Baby Carrots
	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza
	French Bread Pizza <b>Double Hot</b>	Popcorn Chicken w/ Dipping Sauce & Italian Bread <b>Double Hot</b>	Pasta w/ Meat Sauce <b>Double Hot</b>	<b>St. Patrick's Day</b> Corned Beef Reuben <b>Double Hot</b>

20	21	22	23	24
Cheese Tortellini in Pink Sauce w/ Garlic Bread	Chicken Tenders w/ Potato Wedges	<b>Flavors Around The World: Egypt:</b> Egyptian Goulash (Beef Meat Pie)	Organic Beef Nachos	Roasted Boneless Chicken w/ Roasted Veggies & Corn Bread
Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza
Chicken Nuggets w/ Dipping Sauce & Dinner Roll <b>Double Hot</b>	Twin Soft Beef Tacos <b>Double Hot</b>	Homemade Mac & Cheese w/ Italian Bread <b>Double Hot</b>	Cheese Ravioli w/ Garden Salad & Italian Bread <b>Double Hot</b>	Beef Empanada w/ Spanish Rice & Beans <b>Double Hot</b>

27	28	29	30	31
French Toast w/ Local Peach Cobbler	Chicken Dumplings w/ Vegetable Stir Fry	<b>Flavors Around The World:</b> <b>France:</b> Ham & Cheese Crepe w/ Ratatouille & Dinner Roll	Grilled Cheese Sandwich on Soft Wheat Bread w/ Sweet Potato Wedges	 Organic Asian Chicken Stir-Fry w/ Organic Chicken & Vegetables served w/ Organic Rice
Pizzeria Pizza	Pizzeria Pizza		<b>Pizzeria Pizza</b>	
BBQ Rib Hero Sandwich <b>Double Hot</b>	Waffles w/ Yogurt Parfait <b>Double Hot</b>	Pizzeria Pizza	<b>Baseball Opening Day:</b> Sabrett All Beef Hotdog w/ Waffle Fries <b>Double Hot</b>	Pizzeria Pizza Beef Meatball Sub <b>Double Hot</b>
		Baked Ziti w/ Garlic Bread <b>Double Hot</b>		

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

For order edits or cancellations, please e-mail  
[burtont@glenrocknj.org](mailto:burtont@glenrocknj.org) by 8:00 a.m.



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

**FOOD ALLERGIES**

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at [www.pomptonian.com](http://www.pomptonian.com).

- Traditional Lunch - \$4.50 per meal
- Double Hot Traditional Meal - \$5.50
- Boar's Head \$5.50 & Featured Favorite Lunches - \$5.25 (Double Hot not available)
- Village Fresh Lunch - \$5.50 (Double Hot not available)
-  Organic Lunch - \$6.75 (Double Hot not available)
- 2-Slice Pizza Meal - \$5.50

**Upgrade your Milk Selection!**  
Add an Organic Milk or Organic Chocolate Milk to your order for \$2.50 found in the BEVERAGE OR SNACK menu

**A Complete Meal Includes:**  
Entrée w/ Protein/Grain  
**A Trip to The Farm Stand**  
Low-Fat Flavored Milk, Skim Milk, 1% Milk, or 4 oz. Pure Fruit Juice



**Locally Grown  
Mixed Winter Roots**



**Locally Grown  
Peaches**

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](mailto:comments@pomptonian.com)