



SEPTEMBER 2022

GLEN ROCK

Elementary Schools



MONDAYS

Tuna Salad 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
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

Summer Break- No School

Summer Break- No School



Locally Grown
Bartlett Pears

5

6

7

8

9

**Labor Day-
School Closed**

**Staff Return- No
Lunch Service**

3 Cheese Cavatappi w/
Dinner Roll

Pizzeria Pizza

Chicken Nuggets w/ Dipping
Sauce & Roll
Double Hot

Cheese Tortellini w/
Marinara & Dinner Roll

Pizzeria Pizza

Cheesesteak w/ Fries
Double Hot

Bento Box: Organic Pasta Salad (w/ Organic Mozzarella Cheese, Tomato & Pepper) Organic Hard-Boiled Egg, Organic Melon & Grahams

Pizzeria Pizza

Chicken Patty on Bun w/
Tots
Double Hot

12

13

14

15

16

Chicken Tenders w/
Sweet Corn Niblets

Pizzeria Pizza

Pasta w/ Meat Sauce
Double Hot

Large Hearty All-Natural
Chicken & Rice Soup w/
Biscuit

Pizzeria Pizza

Nachos Grande w/
Cheddar Cheese &
Mexican Corn
Double Hot

Chicken Dumplings served
w/ Rice & Corn

Pizzeria Pizza

French Toast Sticks w/
Sausage Patty & Hash
Brown
Double Hot

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

Pizzeria Pizza

General Tso's Chicken
served w/ Rice & Broccoli
Double Hot

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

Pizzeria Pizza

Cheese Lasagna w/ Garlic
Bread
Double Hot

19

20

21

22

23

Potato & Cheese Pierogi
w/ Dinner Roll

Pizzeria Pizza

Popcorn Chicken w/
Dinner Roll
Double Hot

Homemade Tomato Soup
w/ a Grilled Cheese
Sandwich

Pizzeria Pizza

Pancakes w/ Protein
Double Hot

All-Natural Grass-Fed Mini
Meatballs w/ Pasta & Garlic
Bread

Pizzeria Pizza

Panther Cheeseburger on
Bun w/ Fries
Double Hot

Chicken Tenders w/ Potato
Wedges & Dinner Roll

Pizzeria Pizza

Baked Ziti w/ Garlic Bread
Double Hot

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

Pizzeria Pizza

Sabrett All Beef Hotdog w/
Baked Beans
Double Hot


**Rosh Hashanah-
School Closed**

**Rosh Hashanah-
School Closed**

Cheese Tortellini w/
Homemade Alfredo Sauce
& Dinner Roll

Pizzeria Pizza

French Bread Pizza
Double Hot

 Organic Beef Nachos

Pizzeria Pizza

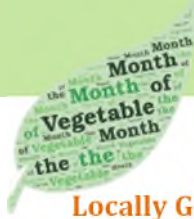
Eggo Waffles w/ Parfait
Double Hot

Eggplant Parmesan w/
Garlic Bread

Spaghetti Squash Rice Bowl
w/ Spinach & Turkey

Pizzeria Pizza

Mozzarella Sticks w/
Marinara & Dinner Roll
Double Hot



**Locally Grown
Butternut Squash**




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

Traditional Lunch - \$3.90 per meal

Double Hot Traditional Meal - \$5.00

Boar's Head & Featured Favorite Lunches - \$4.75 (Double Hot not available)

Village Fresh Lunch - \$5.00 (Double Hot not available)

 Organic Lunch - \$6.25 (Double Hot not available)

2-Slice Pizza Meal - \$5.00

Upgrade your Milk Selection!

Add an Organic Milk or Organic Chocolate Milk to your order
for \$2.25, found in the BEVERAGE OR SNACK menu

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

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

For cancellations, please e-mail burtions@glenrocknj.org by 8:00 a.m.

NEW FEATURE: Orders Can Now Be Edited by Customers

Any questions, call Food Service Director
at 201 445-7700 ext. 8965

*Menu Subject to Change due to Covid- 19 Supply
Chain Issues*

Everything on this Menu is Baked not Fried

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