



April 2023

GLEN ROCK Elementary Schools



POMPTONIAN
FOOD SERVICE

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

Cobb Salad 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

Chicken Salad Bento Box w/ Grapes & Pita Bread

3

4

5

6

7

Spring Break

10

Eggplant Parmesan over Pasta

Pizzeria Pizza

Teriyaki Chicken w/ Asian Vegetables & Brown Rice
Double Hot

11

Beef Empanada w/ Spanish Rice & Beans

Pizzeria Pizza

Roasted Chicken w/ Mashed Potatoes, Veggies & Corn Bread
Double Hot

12

3-Cheese Cavatappi served w/ Dinner Roll

Pizzeria Pizza

Beef & 3-Bean Chili Nachos
Double Hot


13

Chicken Tenders w/ Roasted Veggies

Pizzeria Pizza

Cheesesteak Hero w/ Crinkle Fries
Double Hot

14

 Bento Box: Organic Pasta Salad w/ Organic Mozzarella Cheese, Organic Tomato & Pepper, Organic Hard Boiled Egg, Organic Melon & Annie's Organic Bunny Grahams

Pizzeria Pizza

Pizza Crunchers w/ Italian Bread
Double Hot

17

Steak Fajita served w/ Tortilla Chips

Pizzeria Pizza

Pasta w/ Meat Sauce
Double Hot

18

Large Hearty All Natural Chicken Soup w/ Buttermilk Biscuit

Pizzeria Pizza

VIP Roasted Turkey w/ Gravy, Mashed Potato & Corn on the Cobb
Double Hot


19

Cheese Tortellini Marinara w/ Dinner Roll

Pizzeria Pizza

Chicken Nuggets w/ Dipping Sauce & Dinner Roll
Double Hot

20

 Baked Organic BBQ Chicken Wings w/ Sweet Potato Fries

Pizzeria Pizza

Pancakes w/ Protein
Double Hot

21

Celebrate Earth Day: Portobello Mushroom & 3 Cheese Risotto w/ Farmers Market Cookie

Pizzeria Pizza

Popcorn Chicken w/ Dinner Roll
Double Hot

24

Crispy Chicken Bacon Ranch Wrap

Pizzeria Pizza

Sabrett All Beef Hotdog w/ Baked Beans
Double Hot

25

Waffles w/Homemade Local Apple Crisp

Pizzeria Pizza

Chicken Patty Parmesan over Pasta
Double Hot

26

Chicken Tenders w/ Potato Wedges

Pizzeria Pizza

French Bread Pizza
Double Hot

27

 Organic Chicken & Rice Soup w/ Organic Grilled Cheese

Pizzeria Pizza

Panther Cheeseburger on Bun w/ Potato Wedges
Double Hot

28

Potato & Cheese Pierogi w/ Kielbasa

Pizzeria Pizza

Meatball Sub
Double Hot

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

For order edits or cancellations, please e-mail
burtos@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.

Traditional Lunch - \$4.50 per meal
Double Hot Traditional Meal - \$5.50
Boar's Head & Featured Favorite Lunches - \$5.50 (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

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*



**Locally Grown
Portobello
Mushrooms**



**Locally Grown
Cameo Apples**