


Glen Rock HIGH & MIDDLE SCHOOL – April 2023



AVAILABLE DAILY

Monday 3	Spring Break	<i>Deli Central</i>	Assorted Grab & Go Sandwiches 
Tuesday 4	Spring Break	AMERICAN GRILLE	Pizzeria Pizza All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger on Bun Pasta w/ Meatballs & Marinara Sauce PIZZA ZONE
Wednesday 5	Spring Break		
Thursday 6	Spring Break	FRESH FARMISTAND	<i>Daily Dish</i>
Friday 7	Spring Break		

FOOD ALLERGIES

Allergy Aware menus are available for students w/ food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.


Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & a Choice of Milk. All Snacks are in compliance w/ the State's Guidelines. Your comments are important to us. Please e-mail us at comments@pomptonian.com. Menu Subject to Change. Product substitutions may occur due to supply chain disruptions as a result of COVID-19



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<p>Monday 10</p>	<p>Eggplant Parmesan Over Pasta</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p><i>AMERICAN GRILLE</i></p> <p>Pizzeria Pizza</p> <p>All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Pasta w/ Meatballs & Marinara Sauce</p> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p> <p>FRESH FARMISTAND</p>
<p>Tuesday 11</p>	<p>Beef Empanada w/ Spanish Rice & Beans</p>	
<p>Wednesday 12</p>	<p>Beef & 3Bean Chili Nachos</p>	
<p>Thursday 13</p>	<p>Cheesesteak Hero w/ Peppers, Onions & Mushrooms</p>	
<p>Friday 14</p>	<p>Pizza Crunchers w/ Sweet Potato Fries</p>	



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<p>Monday 17</p>	<p>Steak Fajitas w/ Tortilla Chips</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> <p>All-White Meat Chicken Tenders w/ Fries</p> <p>Crispy Chicken Fillet on a Kaiser Roll</p> <p>Spicy Chicken Fillet on a Kaiser Roll</p> <p>Cheeseburger Sliders on Buns</p> <p>Pasta w/ Meatballs & Marinara Sauce</p> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p> <p>FRESH FARMISTAND</p>
<p>Tuesday 18</p>	<p>VIP Roasted Turkey w/ Gravy, Mashed Potatoes & Corn on the Cobb</p>	
<p>Wednesday 19</p>	<p>Chicken Cordon Bleu Panini</p>	
<p>Thursday 20</p>	<p>Baked Organic BBQ Wings w/ Sweet Potato Fries</p>	
<p>Friday 21</p>	<p>Celebrate Earth Day: Shroom Burger w/ Fries</p>	



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<p>Monday 24</p>	<p>Crispy Chicken Bacon Ranch Panini</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> <p>All-White Meat Chicken Tenders w/ Fries</p> <p>Crispy Chicken Fillet on a Kaiser Roll</p> <p>Spicy Chicken Fillet on a Kaiser Roll</p> <p>Cheeseburger Sliders on Buns</p> <p>Pasta w/ Meatballs & Marinara Sauce</p> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p> <p>FRESH FARMISTAND</p>
<p>Tuesday 25</p>	<p>Chicken Patty Parmesan Over Pasta</p>	
<p>Wednesday 26</p>	<p>Personal Pizza</p>	
<p>Thursday 27</p>	<p>Build Your own Burger Bar</p>	
<p>Friday 28</p>	<p>Meatball Parmesan Panini</p>	



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