



# APRIL 2026

# GLEN ROCK

Elementary/Pre-K Lunch



**POMPTONIAN**  
FOOD SERVICE

## MONDAYS

SunButter & Jelly Sandwich w/ Pretzels & String Cheese

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, Pretzels & Fruit

Healthy Hummus Meal w/ Pita Triangles & Pretzels

## WEDNESDAYS

Wild West: Boar's Head Ham w/ Cheese on a Whole Grain Wrap

Peach Yogurt Parfait w/ Granola

Grilled Chicken Cobb Salad w/ a 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

1 2 3

SPRING BREAK

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6 7 8 9 10

French Bread Pizza

Pizzeria Pizza

Mozzarella Sticks w/ Marinara Sauce & Italian Bread  
**Double Hot**

Chicken Parmesan on a Bun

Pizzeria Pizza

Chicken Nuggets w/ French Fries  
**Double Hot**

3-Cheese Cavatappi w/ a Dinner Roll

Pizzeria Pizza

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

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

Pizzeria Pizza

Popcorn Chicken w/ Tater Tots & a Dinner Roll  
**Double Hot**

Sabrett All-Beef Hot Dog w/ Waffle Fries

Pizzeria Pizza

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

13 14 15 16 17

Cheese Stuffed Shells in Pink Sauce w/ Mixed Veggies

Pizzeria Pizza

Chicken Nuggets w/ Dipping Sauce & a Dinner Roll  
**Double Hot**

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

Pizzeria Pizza

Baked Ziti w/ Garlic Bread  
**Double Hot**

Organic Chicken & Cheese Quesadilla or Organic Cheese Quesadilla w/ Chips

Pizzeria Pizza

Chicken Fillet on a Bun w/ Mashed Potatoes  
**Double Hot**

Pancake Bites w/ Hashbrowns

Pizzeria Pizza

Banana Split Yogurt Parfait

Pasta w/ Meat Sauce  
**Double Hot**

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

Pizzeria Pizza

Chicken & Waffles  
**Double Hot**

20 21 22 23 24

Potato & Cheese Pierogi w/ Hot Dog Bites

Pizzeria Pizza

Chicken Fillet Parmesan w/ French Fries  
**Double Hot**

Homemade Tomato Soup w/ a Grilled Cheese Sandwich

Pizzeria Pizza

Pancakes w/ an Egg Patty  
**Double Hot**

Grilled Cheese Sandwich w/ Local Kale & Romaine Blend Caesar Salad

Pizzeria Pizza

Appetizer Sampler  
**Double Hot**

BBQ Pulled Chicken on a Kaiser Roll w/ French Fries

Pizzeria Pizza

BBQ Rib on a Bun w/ Mixed Veggies  
**Double Hot**

Organic Meatloaf w/ Roasted Organic Red Potatoes & Sweet Carrots

Pizzeria Pizza

Chicken Cordon Bleu on a Brioche Bun w/ a Local Blueberry Parfait  
**Double Hot**

| 27   | 28                                    | 29  | 30   |
|--|---------------------------------------|---|--|
| Sabrett All-Beef Hot Dog on a Bun w/ French Fries  | Hot Honey Beef Macaroni & Cheese      | Cheese Ravioli in Marinara Sauce w/ Italian Bread           | Lasagna Roll Ups w/ Marinara Sauce & Mixed Veggies |
| Pizzeria Pizza                                     | Pizzeria Pizza                        | Pizzeria Pizza  | Pizzeria Pizza                                     |
| Pizza Crunchers w/ a Dinner Roll <b>Double Hot</b> | Stuffed Crust Pizza <b>Double Hot</b> | Boneless Chicken Wings w/ Mashed Potatoes <b>Double Hot</b> | Chicken Tenders & Fries <b>Double Hot</b>          |

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



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 - \$5.15 per meal
- Double Hot Traditional Meal - \$6.75
- Boar's Head Deli & Featured Favorite Lunches - \$5.90 (Double Hot not available)
- Premium Lunch - \$6.15 (Double Hot not available)
- Organic Lunch - \$7.40 (Double Hot not available)
- 2-Slice Pizza Meal - \$6.50

**Upgrade your Milk Selection!**  
 Add an Organic Milk or Organic Chocolate Milk to your order for \$3.00 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](mailto:comments@pomptonian.com)*