



JANUARY 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

Salad w/ a Dinner Roll	Pretzels	6	7	Ranch Dressing & a Roll	8	9
French Bread Pizza	5 Chicken Parmesan on a Bun	6 3-Cheese Cavatappi w/ a Dinner Roll	7  Baked Organic Mac & Cheese: Organic Pasta, Organic Cheddar Cheese & Organic Milk	8	9 Sabrett All-Beef Hot Dog w/ Waffle Fries	
Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza		Pizzeria Pizza	Pizzeria Pizza	
Mozzarella Sticks w/ Marinara Sauce & Italian Bread	Chicken Nuggets w/ French Fries	French Toast Sticks w/ Syrup, a Sausage Patty & Hash Brown Potatoes	Pizzeria Pizza	Popcorn Chicken w/ Tater Tots & a Dinner Roll	General Tso's Chicken w/ Rice & Broccoli	
Double Hot	Double Hot	Double Hot		Double Hot	Double Hot	

12	13	14	15	16
Cheese Stuffed Shells in Pink Sauce w/ Mixed Veggies	National Sticker Day – Free Sticker with Lunch	 Organic Chicken & Cheese Quesadilla or Organic Cheese Quesadilla w/ Chips	Cheese Ravioli w/ Marinara Sauce	 Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges
Pizzeria Pizza	All-Natural Chicken Soup w/ a Whole Grain Roll & Local Asian Pear Side	Pizzeria Pizza	Pizzeria Pizza	
Chicken Nuggets w/ Dipping Sauce & a Dinner Roll Double Hot	Salad	Pizzeria Pizza	Pasta w/ Meat Sauce Double Hot	
	Pizzeria Pizza	Chicken Fillet on a Bun w/ Mashed Potatoes Double Hot		Pizzeria Pizza
	Baked Ziti w/ Garlic Bread Double Hot			Chicken & Waffles Double Hot

Double Hot				
	19	20	21	22
NO SCHOOL		Homemade Tomato Soup w/ a Grilled Cheese	French Bread Pizza	BBQ Pulled Chicken on a Kaiser Roll w/ French Fries
MARTIN LUTHER KING JR DAY		Sandwich	Pizzeria Pizza	Pizzeria Pizza
		Pizzeria Pizza	Appetizer Sampler Double Hot	BBQ Rib on a Bun w/ Mixed Veggies Double Hot
		Pancakes w/ an Egg Patty Double Hot		Chicken Cordon Bleu on a Brioche Bun Double Hot

26	27	28	29	30
Sabrett All-Beef Hot Dog on a Bun w/ French Fries	Homemade All-Natural Chicken Soup w/ a Chicken Fillet Sandwich	Italian Sausage w/Peppers, Onions & a Dinner Roll	Lasagna Roll Ups w/ Marinara Sauce & Mixed Veggies	 Organic Grilled Cheese Sandwich w/ Sweet Potato Wedges
Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza
Pizza Crunchers w/ a Dinner Roll Double Hot	Stuffed Crust Pizza Double Hot	Boneless Chicken Wings w/ Mashed Potatoes Double Hot	Chicken Tenders & Fries Double Hot	Chicken Nuggets w/ Mashed Potatoes Double Hot

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.

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*