



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

5	6	7	8	9
French Bread Pizza	Chicken Parmesan on a Bun	3-Cheese Cavatappi w/ a Dinner Roll	Baked Organic Mac & Cheese: Organic Pasta, Organic Cheddar Cheese & Organic Milk	Sabrett All-Beef Hot Dog w/ Waffle Fries
Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza		Pizzeria Pizza
Mozzarella Sticks w/ Marinara Sauce & Italian Bread Double Hot	Chicken Nuggets w/ French Fries Double Hot	French Toast Sticks w/ Syrup, a Sausage Patty & Hash Brown Potatoes Double Hot	Pizzeria Pizza	General Tso's Chicken w/ Rice & Broccoli 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 Salad	Pizzeria Pizza	Pizzeria Pizza	
Chicken Nuggets w/ Dipping Sauce & a Dinner Roll Double Hot	Pizzeria Pizza	Chicken Fillet on a Bun w/ Mashed Potatoes Double Hot	Pasta w/ Meat Sauce Double Hot	Pizzeria Pizza
	Baked Ziti w/ Garlic Bread Double Hot			Chicken & Waffles Double Hot
19	20	21	22	23
NO SCHOOL	Homemade Tomato Soup w/ a Grilled Cheese Sandwich	French Bread Pizza	BBQ Pulled Chicken on a Kaiser Roll w/ French Fries	Organic Meatloaf w/ Roasted Organic Red Potatoes & Sweet Carrots
MARTIN LUTHER KING JR DAY	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	
	Pancakes w/ an Egg Patty Double Hot	Appetizer Sampler Double Hot	BBQ Rib on a Bun w/ Mixed Veggies Double Hot	Pizzeria Pizza
				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*