



NOVEMBER 2025

GLEN ROCK Elementary Schools



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
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	Dietz & Watson Turkey BLT Roll-Ups Grab 'n Go Yogurt Box: Yogurt w/ String Cheese, Pretzels & Fruit Healthy Hummus Meal w/ Pita Triangles & Pretzels	Wild West: Dietz & Watson Ham w/ Cheese on a Whole Grain Wrap Peach Yogurt Parfait w/ Granola Grilled Chicken Cobb Salad w/ a Dinner Roll	Grilled Chicken Caesar Wrap Bagel Lunch: White or Whole Grain Bagel w/ Cream Cheese, Fruit & Vegetable Chicken Chopped Salad w/ Ranch Dressing & a Roll	Dietz & Watson 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
NO SCHOOL FALL BREAK	NO SCHOOL ELECTION DAY	NO SCHOOL	NO SCHOOL	NO SCHOOL
10	11	12	13	14
Homemade Macaroni & Cheese w/ Italian Bread Pizzeria Pizza Popcorn Chicken w/ Mashed Potatoes & a Dinner Roll Double Hot	Cheeseburger w/ Sweet Potato Fries Beef Burger w/ Sweet Potato Fries Vegan Impossible Burger w/ Sweet Potato Fries Pizzeria Pizza Chicken Tenders w/ Roasted Veggies Double Hot	Boneless Chicken Wings w/ BBQ Sauce & French Fries Pizzeria Pizza Beef Nachos w/ Scoops Double Hot	Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges Pizzeria Pizza Chicken Teriyaki Bowl w/ a Fortune Cookie Double Hot	BBQ Beef Rib w/ Mashed Potatoes Pizzeria Pizza Pasta & Meatballs w/ a Dinner Roll Double Hot
17	18	19	20	21
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	Turkey w/Gravy, Mashed Local Potatoes, Local Cranberry Sauce & 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
24	25	26	27	28
Cheese Stuffed Shells in Pink Sauce w/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	EARLY DISMISSAL	NO SCHOOL HAPPY THANKSGIVING	NO SCHOOL

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

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Traditional Lunch - \$5.15 per meal
Double Hot Traditional Meal - \$6.75
Dietz & Watson 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



Fruits & vegetables from
The Farm Stand are
included with lunch.

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.

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*