



October 2025

GLEN ROCK Elementary Schools



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

Dietz & Watson 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: Dietz & Watson 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

Dietz & Watson Italian Sub

Cereal Lunch w/ a Low-Fat Cheese Stick, Yogurt & Fruit

Chicken Salad Bento Box w/ Grapes & Pita Bread

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Boneless Chicken Wings w/ BBQ Sauce & French Fries

No School

Celebrate World Animal Day! Appetizer Sampler w/ Animal Crackers

Pizzeria Pizza

French Bread Pizza

Beef Nachos w/ Scoops
Double Hot

Pasta & Meatballs w/ a Dinner Roll
Double Hot

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Chicken Cordon Bleu on a Kaiser w/ Sweet Potato Fries

Local Apple Grilled Cheese Sandwich w/ French Fries

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

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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

Popcorn Chicken w/ Tater Tots and Dinner Roll
Double Hot

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

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Early Dismissal – No Lunch Service

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

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

Pasta w/ Meat Sauce w/ Garlic Bread

 Organic Meatloaf w/ Roasted Organic Red Potatoes & Sweet Carrots

Pizzeria Pizza

Pizzeria Pizza

Pasta w/ Marinara Sauce w/ Garlic Bread

Pizzeria Pizza

Grilled Chicken on a Bun & Jersey Rainbow Salad w/ **Local Field Lettuce**
Double Hot

Chicken Fillet on a Bun w/ Mashed Potatoes
Double Hot

Pizzeria Pizza

Double Stack Bacon Cheeseburger w/ French Fries
Double Hot

Chicken & Waffles
Double Hot

20	21	22	23	24
No School	Homemade Tomato Soup w/ a Grilled Cheese Sandwich	French Bread Pizza	Cheese Quesadilla w/ Salsa & Scoops	 Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges
	Pizzeria Pizza	Pizzeria Pizza	Chicken & Cheese Quesadilla w/ Salsa & Scoops	
	Pancakes w/ an Egg Patty	Appetizer Sampler	Pizzeria Pizza	Pizzeria Pizza
	Double Hot	Double Hot	BBQ Rib on a Bun w/ Mixed Veggies	Chicken Cordon Bleu on a Brioche Bun
		All Hot meals come w/ Roasted Local Beets	Double Hot	Double Hot

27	28	29	30	31
Sabrett All-Beef Hot Dog on a Bun w/ French Fries	Homemade All-Natural Chicken Soup w/ a Chicken Fillet Sandwich	Local Broccoli & Cheddar Soup w/ Buttermilk Biscuit	Chicken Parmesan on a Kaiser	Mummy Hot Dog w/ Ghostly Mashed Potatoes
Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza
Pizza Crunchers w/ a Dinner Roll	Stuffed Crust Pizza	Chicken Tenders w/ Roasted Veggies	Baked Mozzarella Sticks w/ Marinara Dipping Sauce & Sweet Corn	Pancakes w/ Sausage Patty & Tater Tots
Double Hot	Double Hot	Double Hot	Double Hot	Double Hot

Go to
<http://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
 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

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*