



OCTOBER 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

Plant-Based Meatball
Hero

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

Plant-Based Tenders w/
Tortilla Rounds

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

Black Bean Burger
on a Bun

FRIDAYS

Boar's Head Italian Sub

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

Chicken Salad Bento Box
w/ Grapes & Pita Bread

Impossible Burger
on a Bun



Lasagna Roll Ups w/
Marinara Sauce & Mixed
Veggies

Pizzeria Pizza

Chicken Tenders & Fries
Double Hot

 Organic Grilled
Cheese Sandwich w/
Sweet Potato Wedges

Pizzeria Pizza

Chicken Nuggets w/
Mashed Potatoes
Double Hot

BBQ Pulled Chicken
Sliders w/ Fries

Pizzeria Pizza

French Toast Sticks
w/ a Sausage Patty
Double Hot

Cheeseburger w/ Tater
Tots & **Local Apple Crisp**

Beef Burger w/ Tater
Tots & **Local Apple Crisp**

Vegan Impossible Burger
w/ Tater Tots & **Local
Apple Crisp**

Pizzeria Pizza

Stuffed Shells in Pink
Sauce w/ Garlic Bread
Double Hot

Sabrett All Beef Hot Dog
w/ Fries

Pizzeria Pizza

Teriyaki Chicken w/ Asian
Vegetables over Brown
Rice
Double Hot

 Organic Grilled
Cheese Sandwich w/
Homemade Organic
Chicken & Rice Soup

Pizzeria Pizza

Popcorn Chicken Bowl
Double Hot

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

Pizzeria Pizza

Baked Mozzarella Sticks
w/ Marinara Sauce &
Sweet Corn
Double Hot

EARLY DISMISSAL
NO LUNCH SERVICE



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 & **Local Cauliflower**

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

19	French Bread Pizza	20	Chicken Parmesan on a Bun	21	3-Cheese Cavatappi w/ a Dinner Roll	22	 Baked Organic Mac & Cheese: Organic Pasta, Organic Cheddar Cheese & Organic Milk	23	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 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
							Popcorn Chicken w/ Tater Tots & a Dinner Roll Double Hot		
26	Cheese Stuffed Shells in Pink Sauce w/ Mixed Veggies	27	Large Hearty All-Natural Chicken Soup w/ a Whole Grain Roll	28	 Organic Chicken & Cheese Quesadilla or Organic Cheese Quesadilla w/ Chips	29	Pork Sausage & Peppers w/ a Dinner Roll	30	 Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges
	Pizzeria Pizza		Pizzeria Pizza		Pizzeria Pizza		Pizzeria Pizza		Pizzeria Pizza
	Chicken Nuggets w/ Dipping Sauce & a Dinner Roll Double Hot		Baked Ziti w/ Garlic Bread Double Hot		Chicken Fillet on a Bun w/ Mashed Potatoes Double Hot		Pasta w/ Meat Sauce Double Hot		Mummy Hot Dog w/ Ghostly Mashed Potatoes
									Chicken & Waffles 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 - \$5.30 per meal
Double Hot Traditional Meal - \$7.00
Boar's Head Deli & Featured Favorite Lunches - \$6.00 (Double Hot not available)
Premium Lunch - \$6.30 (Double Hot not available)
 Organic Lunch - \$7.50 (Double Hot not available)
2-Slice Pizza Meal - \$6.75

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*