



September 2025

GLEN ROCK Elementary Schools



MONDAYS

Sun butter & Jelly Sandwich w/ Pretzels and 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 and 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



1

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5

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

NATIONAL PIZZA DAY!
Big Daddy's Pizza

French Bread Pizza

Pasta & Meatballs w/ a Dinner Roll
Double Hot

8

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11

12

Pizza Burger w/ French Fries

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

3-Cheese Cavatappi w/ 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 and Dinner Roll
Double Hot

Sabrett All-Beef Hot Dog w/ Waffle Fries

Pizzeria Pizza

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

15

16

17

18

19

Cheese Stuffed Shells in Pink Sauce w/ Mixed 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

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

Pizzeria Pizza

Chicken Fillet on a Bun w/ Mashed Potatoes
Double Hot

NATIONAL CHEESEBURGER DAY!
Cheeseburger w/ French Fries
Beef Hamburger w/ French Fries
Bacon Cheddar Cheeseburger w/ French Fries

Pizzeria Pizza

Pasta w/ Meat Sauce
Double Hot

Organic Meatloaf w/ Roasted Organic Red Potatoes & Sweet Carrots

Pizzeria Pizza

Chicken & Waffles
Double Hot

22
 Potato & Cheese
 Pierogi w/ Hot Dog
 Bites

NO SCHOOL



Pizzeria Pizza

Chicken Patty Parmesan
 w/ French Fries
Double Hot

23
 NO SCHOOL



24
**NATIONAL QUESADILLA
 DAY!**

Cheese Quesadilla w/
 Local Bell Pepper Curtido,
 Salsa & Scoops Chips

Chicken & Cheese
 Quesadilla w/ Local Bell
 Pepper Curtido, Salsa &
 Scoops Chips

Beef & Cheese w/ Local
 Bell Pepper Curtido, Salsa
 & Scoops Chips
 Pizzeria Pizza

BBQ Rib on a Bun
 w/ Mixed Veggies
Double Hot

25
 Organic Beef Burger
 on a Brioche Bun w/
 Organic Cheddar Cheese
 & Ketchup w/ Fresh
 Baked Seasoned Potato
 Wedges

Pizzeria Pizza

Chicken Cordon Bleu on a
 Brioche Bun
Double Hot

29
 Sabrett All-Beef Hot
 Dog on a Bun w/ French
 Fries

Pizzeria Pizza

Pizza Crunchers w/ a
 Dinner Roll
Double Hot

30
 Homemade All-Natural
 Chicken Soup w/ a
 Chicken Fillet Sandwich

Pizzeria Pizza

Chicken Tenders w/Tater
 Tots
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*