



SEPTEMBER 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



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

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

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

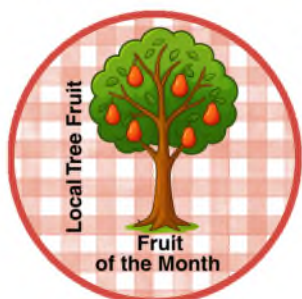
Popcorn Chicken w/ Tater
Tots & a Dinner Roll
Double Hot

Double Cheeseburger on
a Bun w/ French Fries

Pizzeria Pizza

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

No School



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

Pizzeria Pizza

Baked Ziti w/ Garlic
Bread
Double Hot

Street Corn, Organic
Chicken & Cheese
Quesadilla or Street Corn
& Organic Cheese
Quesadilla

Pizzeria Pizza

Chicken Fillet on a Bun
w/ **Local Tree Fruit**
Double Hot

Pork Sausage & Peppers
w/ a Dinner Roll &
Roasted Local Zucchini
Coins

Pizzeria Pizza

Pasta w/ Meat Sauce
Double Hot

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

Pizzeria Pizza

Chicken & Waffles
Double Hot

28	29	30
Potato & Cheese Pierogi w/ Hot Dog	Chicken Quesadilla w/Peppers & Onions	French Bread Pizza
Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza
Chicken Fillet Parmesan w/ French Fries Double Hot	Pancakes w/ an Egg Patty Double Hot	Appetizer Sampler 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*