


# GLEN ROCK HIGH & MIDDLE SCHOOL – APRIL 2026



## AVAILABLE DAILY

Monday March 30	SPRING BREAK	<i>Deli Central</i>	Assorted Grab & Go Sandwiches 	
Tuesday March 31	SPRING BREAK		Pizzeria Pizza	<b>PIZZA ZONE</b>
Wednesday April 1	SPRING BREAK	<b>AMERICAN GRILLE</b>	Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Beef & Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce	
Thursday 2	SPRING BREAK		Pasta with Meatballs & Marinara Sauce	<i>Daily Dish</i>
Friday 3	SPRING BREAK	<b>FRESH FARMSTAND</b>	<b>Build-Your-Own Salad Bar</b> Assorted Grab & Go Salad Specials	

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand & a Choice of Milk.  
All Snacks are in compliance with the State's Guidelines. Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com).  
Menu Subject to Change.

**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](http://www.pomptonian.com).



# GLEN ROCK HIGH & MIDDLE SCHOOL – APRIL 2026



## AVAILABLE DAILY

<p><b>Monday</b> 6</p>	<p>Personal Pizza</p>	<p><i>Deli Central</i></p> <p>Assorted Grab &amp; Go Sandwiches</p> 
<p><b>Tuesday</b> 7</p>	<p>Chicken Parmesan on a Kaiser Roll with a side of Pasta</p>	<p>Pizzeria Pizza</p> 
<p><b>Wednesday</b> 8</p>	<p>3-Cheese Cavatappi with Veggies &amp; a Dinner Roll</p>	<p><b>AMERICAN GRILLE</b></p> <p>Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Beef &amp; Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce</p>
<p><b>Thursday</b> 9</p>	<p>Organic Homemade Mac &amp; Cheese w/ Crunchy Topping</p> <p>Frito Pie</p>	<p>Pasta with Meatballs &amp; Marinara Sauce</p> 
<p><b>Friday</b> 10</p>	<p>Chili Cheese Hot Dog w/ Chips</p>	<p><b>FRESH FARMISTAND</b></p> <p><b>Build-Your-Own Salad Bar</b> Assorted Grab &amp; Go Salad Specials</p>

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand & a Choice of Milk.  
All Snacks are in compliance with the State's Guidelines. Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com).  
Menu Subject to Change.

**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](http://www.pomptonian.com).



# GLEN ROCK HIGH & MIDDLE SCHOOL – APRIL 2026



## AVAILABLE DAILY

<p><b>Monday</b> 13</p>	<p>Cheese-Stuffed Shells with Pink Sauce, Mixed Veggies &amp; Garlic Bread</p>	<p><i>Deli Central</i></p> <p>Assorted Grab &amp; Go Sandwiches</p> 
<p><b>Tuesday</b> 14</p>	<p>Chicken Soup with a Dinner Roll OR Homemade Baked Ziti</p>	<p>Pizzeria Pizza</p> 
<p><b>Wednesday</b> 15</p>	<p>Chicken &amp; Cheese Quesadilla OR Cheese Quesadillas with Sour Cream &amp; Guacamole</p>	<p><b>AMERICAN GRILLE</b></p> <p>Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Beef &amp; Chicken Empanadas</p>
<p><b>Thursday</b> 16</p>	<p>Sausage &amp; Pepper Hoagie OR Sausage &amp; Peppers with Onions &amp; Pasta</p>	<p>Mozzarella-Stuffed Sticks with Marinara Sauce</p> <p>Pasta with Meatballs &amp; Marinara Sauce</p> 
<p><b>Friday</b> 17</p>	<p>Chicken &amp; Waffles</p>	<p><b>FRESH FARMSTAND</b></p> <p><b>Build-Your-Own Salad Bar</b> Assorted Grab &amp; Go Salad Specials</p>

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand & a Choice of Milk. All Snacks are in compliance with the State's Guidelines. Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com). Menu Subject to Change.

**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](http://www.pomptonian.com).



# GLEN ROCK HIGH & MIDDLE SCHOOL – APRIL 2026



## AVAILABLE DAILY

<p><b>Monday</b> 20</p>	<p>Potato &amp; Cheese Pierogi with Kielbasa &amp; Sauerkraut</p>	<p><i>Deli Central</i></p> <p>Assorted Grab &amp; Go Sandwiches</p> 
<p><b>Tuesday</b> 21</p>	<p>Chicken &amp; Broccoli Pasta Alfredo with Garlic Bread</p>	<p>Pizzeria Pizza</p> 
<p><b>Wednesday</b> 22</p>	<p>Appetizer Sampler Grilled Cheese Sandwich with <b>Local Kale</b> &amp; Romaine Blend Caesar Side Salad</p>	<p><i>AMERICAN GRILLE</i></p> <p>Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Beef &amp; Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce</p>
<p><b>Thursday</b> 23</p>	<p>BBQ Rib with Mixed Roasted Veggies</p>	<p>Pasta with Meatballs &amp; Marinara Sauce</p> 
<p><b>Friday</b> 24</p>	<p>Chicken Cordon Bleu on a Brioche Bun with a <b>Local</b> <b>Blueberry</b> Yogurt Parfait</p>	<p><i>FRESH FARMSTAND</i></p> <p><b>Build-Your-Own Salad Bar</b> Assorted Grab &amp; Go Salad Specials</p>

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand & a Choice of Milk.  
All Snacks are in compliance with the State's Guidelines. Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com).  
Menu Subject to Change.

**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](http://www.pomptonian.com).



# GLEN ROCK HIGH & MIDDLE SCHOOL – APRIL 2026



## AVAILABLE DAILY

<p><b>Monday</b> 27</p>	<p>Buffalo Chicken Grilled Cheese Sandwich on Texas Toast with Sweet Potato Fries</p>	<p><i>Deli Central</i></p> <p>Assorted Grab &amp; Go Sandwiches</p>  <p>Pizzeria Pizza</p> <p><b>PIZZA ZONE</b></p> <p>Boneless Chicken Wings All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Beef &amp; Chicken Empanadas Mozzarella-Stuffed Sticks with Marinara Sauce</p> <p>Pasta with Meatballs &amp; Marinara Sauce</p> <p><i>Daily Dish</i></p> <p><b>FRESH FARMSTAND</b></p> <p><b>Build-Your-Own Salad Bar</b> Assorted Grab &amp; Go Salad Specials</p>
<p><b>Tuesday</b> 28</p>	<p>Hot Honey Beef Macaroni &amp; Cheese</p>	
<p><b>Wednesday</b> 29</p>	<p>Spaghetti &amp; Meatballs OR Pasta with Pink Sauce OR Pasta with Garlic &amp; Oil</p>	
<p><b>Thursday</b> 30</p>	<p>Lasagna Roll-Ups with Pink Sauce &amp; Garlic Bread</p>	

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand & a Choice of Milk. All Snacks are in compliance with the State's Guidelines. Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com). Menu Subject to Change.

**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](http://www.pomptonian.com).



# GLEN ROCK HIGH & MIDDLE SCHOOL – APRIL 2026

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand & a Choice of Milk.  
All Snacks are in compliance with the State's Guidelines. Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com).  
Menu Subject to Change.

**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](http://www.pomptonian.com).

