GLEN ROCK HIGH & MIDDLE SCHOOL – DECEMBER 2026

POMPTONIAN FOOD SERVICE

Daily Dish

Available Daily

		Deli Central: Assorted Grab & Go Sandwiches (Boar's Head Brand)
Tuesday **1**	Chicken Soup with a Dinner Roll OR Homemade Baked Ziti	Pizza Zone: Pizzeria Pizza
Wednesday **2**	Chicken & Cheese Quesadilla OR Cheese Quesadillas with Sour Cream & Guacamole	American Grille: 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 **3**	Sausage, Peppers & Onions on a Hoagie OR Sausage, Peppers & Onions with Pasta	Daily Dish: Pasta with Meatballs & Marinara Sauce
Friday **4**	Chicken & Waffles	Fresh Farmstand: **Build-Your-Own Salad Bar**; 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.
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.

FRESH FARMSTAND

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POMPTONIAN FOOD SERVICE

Daily Dish

Available Daily

Monday 7	Potato & Cheese Pierogi with Kielbasa & Sauerkraut	Deli Central: Assorted Grab & Go Sandwiches
Tuesday 8	Chicken & Broccoli Pasta Alfredo with Garlic Bread	Pizzeria Pizza
Wednesday 9	Appetizer Sampler (Boneless Chicken Wings, Pizza Crunchers & Mozzarella Sticks)	American Grille: 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 10	Philly Cheesesteak on a Hero	Daily Dish: Pasta with Meatballs & Marinara Sauce
Friday 11	BBQ Rib on a Bun with Fries	Fresh Farmstand: **Build-Your-Own Salad Bar** Assorted Grab & Go Salad Specials

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Daily Dish

Available Daily

Monday 14	Buffalo Chicken Grilled Cheese Sandwich on Texas Toast with Sweet Potato Fries	Deli Central: Assorted Grab & Go Sandwiches (Boar's Head Brand)
Tuesday 15	Jersey Fresh Tomato Basil Baked Ziti w/ Garlic Bread	Pizza Zone: Pizzeria Pizza
Wednesday 16	Spaghetti & Meatballs OR Pasta with Pink Sauce OR Pasta with Garlic & Oil	American Grille: 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 17	Lasagna Roll-Ups with Pink Sauce & Garlic Bread	Daily Dish: Pasta with Meatballs & Marinara Sauce
Friday 18	Bone-In Chicken with Cheesy Mashed Potatoes	Fresh Farmstand: **Build-Your-Own Salad Bar**; Assorted Grab & Go Salad Specials

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Daily Dish

Available Daily

Monday 21	BBQ Pulled Chicken Sliders with Fries	Deli Central: Assorted Grab & Go Sandwiches Power Bowl Bowls
Tuesday 22	Burger Bar – 100% Beef Burger on a Bun with Choice of Toppings	Pizza Zone: Pizzeria Pizza
Wednesday 23	EARLY DISMISSAL NO LUNCH SERVICE	American Grille: 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 24	NO SCHOOL ENJOY YOUR WINTER BREAK	Daily Dish: Pasta with Meatballs & Marinara Sauce
Friday 25	HAPPY HOLIDAYS!!! HAPPY NEW YEAR!!!	Fresh Farmstand: **Build-Your-Own Salad Bar** Assorted Grab & Go Salad Specials

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