

# GLEN ROCK HIGH & MIDDLE SCHOOL – JANUARY 2026



## AVAILABLE DAILY

<b>Monday 5</b>	Personal Pizza	      	Assorted Grab & Go Sandwiches	  
<b>Tuesday 6</b>	Chicken Parmesan on a Kaiser Roll with a side of Pasta		Pizzeria Pizza	
<b>Wednesday 7</b>	North Dakota Hot Dish Casserole		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	
<b>Thursday 8</b>	Organic Homemade Mac & Cheese with Crunchy Topping		Pasta with Meatballs & Marinara Sauce	
<b>Friday 9</b>	Chili Cheese Hot Dog with Chips		<b>Build-Your-Own Salad Bar</b> Assorted Grab & Go Salad Specials	

Fruits & vegetables from The Farm Stand are included with lunch. **A complete meal includes:** Entrée with 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.









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).



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<b>Monday 12</b>	Cheese-Stuffed Shells with Pink Sauce, Mixed Veggies & Garlic Bread	   	Assorted Grab & Go Sandwiches	 
<b>Tuesday 13</b>	<b>Italian Hot Beef Sandwich</b> Homemade Baked Ziti		Pizzeria Pizza	
<b>Wednesday 14</b>	Cheese Ravioli with Local Marinara Sauce		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	
<b>Thursday 15</b>	Sausage & Pepper Hoagie OR Sausage & Peppers with Onions & Pasta		Pasta with Meatballs & Marinara Sauce	
<b>Friday 16</b>	Chicken & Waffles Local Asian Pear & Apple Crisp		<b>Build-Your-Own Salad Bar</b> Assorted Grab & Go Salad Specials	

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Monday 19	NO SCHOOL MARTIN LUTHER KING JR DAY	      	Assorted Grab & Go Sandwiches	  
Tuesday 20	Chicken & Broccoli Pasta Alfredo with Garlic Bread		Pizzeria Pizza	
Wednesday 21	Appetizer Sampler		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 22	BBQ Grilled Chicken Breast Fillet with Mixed Roasted Veggies		Pasta with Meatballs & Marinara Sauce	
Friday 23	Fried Taco with Tomato Salsa		<b>Build-Your-Own Salad Bar</b> Assorted Grab & Go Salad Specials	

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<b>Monday 26</b>	Buffalo Chicken Grilled Cheese Sandwich on Texas Toast with Sweet Potato Fries	      	Assorted Grab & Go Sandwiches	  
<b>Tuesday 27</b>	Chicken Noodle Soup with a Buttermilk Biscuit		Pizzeria Pizza	
<b>Wednesday 28</b>	Spaghetti & Meatballs OR Pasta with Pink Sauce OR Pasta with Garlic & Oil		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	
<b>Thursday 29</b>	Lasagna Roll Ups with Pink Sauce & Garlic Bread		Pasta with Meatballs & Marinara Sauce	
<b>Friday 30</b>	Bone-In Chicken with Cheesy Mashed Potatoes		<b>Build-Your-Own Salad Bar</b> Assorted Grab & Go Salad Specials	

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