

GLEN ROCK HIGH & MIDDLE SCHOOL - JANUARY 2026



AVAILABLE DAILY

Monday 5	Personal Pizza	 AMERICAN GRILLE 	Assorted Grab & Go Sandwiches 
Tuesday 6	Chicken Parmesan on a Kaiser Roll with a side of Pasta		Pizzeria Pizza
Wednesday 7	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
Thursday 8	Organic Homemade Mac & Cheese with Crunchy Topping		Pasta with Meatballs & Marinara Sauce
Friday 9	Chili Cheese Hot Dog with Chips		Build-Your-Own Salad Bar 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.

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.



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Monday 12	Cheese-Stuffed Shells with Pink Sauce, Mixed Veggies & Garlic Bread
Tuesday 13	Italian Hot Beef Sandwich Homemade Baked Ziti
Wednesday 14	Cheese Ravioli with Local Marinara Sauce
Thursday 15	Sausage & Pepper Hoagie OR Sausage & Peppers with Onions & Pasta
Friday 16	Chicken & Waffles Local Asian Pear & Apple Crisp

Deli
Central

AMERICAN
GRILLE

FRESH
FARMSTAND

Assorted Grab & Go Sandwiches



Pizzeria Pizza

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

Pasta with Meatballs & Marinara Sauce

Build-Your-Own Salad Bar
Assorted Grab & Go Salad Specials

PIZZA
ZONE

Daily
Dish

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Monday 19	NO SCHOOL MARTIN LUTHER KING JR DAY
Tuesday 20	Chicken & Broccoli Pasta Alfredo with Garlic Bread
Wednesday 21	Appetizer Sampler
Thursday 22	BBQ Grilled Chicken Breast Fillet with Mixed Roasted Veggies
Friday 23	Fried Taco with Tomato Salsa

Deli
Central

AMERICAN
GRILLE

FRESH
FARMSTAND

Assorted Grab & Go Sandwiches



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Spicy Chicken Fillet on a Kaiser Roll
Beef & Chicken Empanadas
Mozzarella-Stuffed Sticks with Marinara Sauce

Pasta with Meatballs & Marinara Sauce

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Monday 26	Buffalo Chicken Grilled Cheese Sandwich on Texas Toast with Sweet Potato Fries
Tuesday 27	Chicken Noodle Soup with a Buttermilk Biscuit
Wednesday 28	Spaghetti & Meatballs OR Pasta with Pink Sauce OR Pasta with Garlic & Oil
Thursday 29	Lasagna Roll Ups with Pink Sauce & Garlic Bread
Friday 30	Bone-In Chicken with Cheesy Mashed Potatoes

Deli
Central

AMERICAN
GRILLE

FRESH
FARMSTAND

Assorted Grab & Go Sandwiches



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Spicy Chicken Fillet on a Kaiser Roll
Beef & Chicken Empanadas
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Pasta with Meatballs & Marinara Sauce

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