


# GLEN ROCK HIGH & MIDDLE SCHOOL – MAY 2026



## AVAILABLE DAILY

		<i>Deli Central</i>	Assorted Grab & Go Sandwiches 	
			Pizzeria Pizza	<b>PIZZA ZONE</b>
		<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	
			Pasta with Meatballs & Marinara Sauce	<i>Daily Dish</i>
<b>Friday 1</b>	Beef Burrito OR Chicken Burrito OR 3-Bean Burrito served with Rice & Beans	<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).



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<p><b>Monday</b> 4</p>	<p>Homemade Macaroni &amp; Cheese OR Homemade Buffalo Macaroni &amp; Cheese served with Garlic Bread</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><b>Build-Your-Own Salad Bar</b> Assorted Grab &amp; Go Salad Specials</p> <p><i>Daily Dish</i></p> <p><b>FRESH FARMISTAND</b></p>
<p><b>Tuesday</b> 5</p>	<p>Chicken Torta</p>	
<p><b>Wednesday</b> 6</p>	<p>Beef Nachos with Scoops Tortilla Chips &amp; Brown Rice</p>	
<p><b>Thursday</b> 7</p>	<p>Popcorn Chicken Bowl with Mashed Potatoes, Cheddar Cheese, Gravy &amp; Sweet Corn</p>	
<p><b>Friday</b> 8</p>	<p>Stuffed Sandwich with Pizza Crunchers, Boneless Chicken Wings &amp; French Fries served with Chips</p>	

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<p><b>Monday</b> 11</p>	<p>Personal Pizza</p>	<p><i>Deli Central</i></p> <p>Assorted Grab &amp; Go Sandwiches</p> 
<p><b>Tuesday</b> 12</p>	<p>Chicken Parmesan on a Kaiser Roll with a side of Pasta</p>	<p>Pizzeria Pizza</p> 
<p><b>Wednesday</b> 13</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> 14</p>	<p>Organic Homemade Mac &amp; Cheese w/ Crunchy Topping</p>	<p>Pasta with Meatballs &amp; Marinara Sauce</p> 
<p><b>Friday</b> 15</p>	<p>Chili Cheese Hot Dog w/ Chips</p>	<p><b>FRESH FARMSTAND</b></p> <p><b>Build-Your-Own Salad Bar</b> Assorted Grab &amp; Go Salad Specials</p>

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<p><b>Monday</b> 18</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> 19</p>	<p>Chicken Soup with a Dinner Roll Homemade Baked Ziti</p>	<p>Pizzeria Pizza</p> 
<p><b>Wednesday</b> 20</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 Mozzarella-Stuffed Sticks with Marinara Sauce</p>
<p><b>Thursday</b> 21</p>	<p>Teriyaki Chicken with <b>Local Baby Bok Choy</b> Vegetable Fried Rice</p>	<p>Pasta with Meatballs &amp; Marinara Sauce</p> 
<p><b>Friday</b> 22</p>	<p>Chicken &amp; Waffles Pizzeria Pizza w/ Side Turtle Shell Pasta Salad</p>	<p><b>FRESH FARMSTAND</b></p> <p><b>Build-Your-Own Salad Bar</b> Assorted Grab &amp; Go Salad Specials</p>

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<b>Monday 25</b>	MEMORIAL DAY NO SCHOOL	<i>Deli Central</i>	Assorted Grab & Go Sandwiches 
<b>Tuesday 26</b>	Chicken & Broccoli Pasta Alfredo with Garlic Bread		Pizzeria Pizza 
<b>Wednesday 27</b>	Appetizer Sampler	<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
<b>Thursday 28</b>	BBQ Rib with Mixed Roasted Veggies		Pasta with Meatballs & Marinara Sauce 
<b>Friday 29</b>	Firecracker Spicy Chicken Wrap with a side Red, White & Blue Yogurt Parfait	<b>FRESH FARMSTAND</b>	<b>Build-Your-Own Salad Bar</b> Assorted Grab & Go Salad Specials

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