GLEN ROCK HIGH & MIDDLE SCHOOL – NOVEMBER 2025





AVAILABLE DAILY

Monday 3	NO SCHOOL FALL BREAK
Tuesday 4	NO SCHOOL ELECTION DAY
Wednesday 5	NO SCHOOL
Thursday 6	NO SCHOOLI
Friday 7	NO SCHOOL

Deli Central

Assorted Grab & Go Sandwiches



Pizzeria Pizza



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

Pasta with Meatballs & Marinara Sauce



FRESH FARWSTAND

Build-Your-Own Salad BarAssorted 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.



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 10	Homemade Macaroni & Cheese OR Homemade Buffalo Macaroni & Cheese served with Garlic Bread	
Tuesday 11	Popcorn Chicken Bowl with Mashed Potatoes, Cheddar Cheese, Gravy & Sweet Corn	
Wednesday 12	Beef Nachos with Scoops Tortilla Chips & Brown Rice	
Thursday 13	Burger Bar – 100% Beef Burger OR Impossible Burger on a Bun with Choice of Assorted Toppings served with Chips	
Friday 14	Stuffed Sandwich with Pizza Crunchers, Boneless Chicken Wings & French Fries served with Chips	

Deli Central

Assorted Grab & Go Sandwiches



Pizzeria Pizza

PIZZA

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

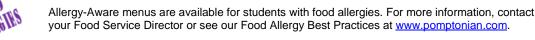
Pasta with Meatballs & Marinara Sauce

Daily Dish

FRESH FARWSTAND

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

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AVAILABLE DAILY

Monday 17	Personal Pizza
Tuesday 18	Chicken Parmesan on a Kaiser Roll with a side of Pasta
Wednesday 19	Turkey w/ Gravy, Mashed Local Potatoes, Local Cranberry Sauce & a Dinner Roll
Thursday 20	Organic Homemade Mac & Cheese w/ Crunchy Topping
Friday 21	Chili Cheese Hot Dog w/ Chips

Deli Central

Assorted Grab & Go Sandwiches



Pizzeria Pizza



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

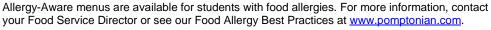
Pasta with Meatballs & Marinara Sauce



FRESH FARNISTAND

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

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GLEN ROCK HIGH & MIDDLE SCHOOL – NOVEMBER 2025





AVAILABLE DAILY

Cheese-Stuffed Shells with Pink Sauce, Mixed Veggies & Garlic Bread
Chicken Soup with a Dinner Roll OR Homemade Baked Ziti
EARLY DISMISSAL
NO SCHOOL HAPPY THANKSGIVING
NO SCHOOL

Deli

Assorted Grab & Go Sandwiches



Pizzeria Pizza

PIZZA

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

Pasta with Meatballs & Marinara Sauce

Daily Dish

FRESH FARWSTAND

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

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