

GLEN ROCK HIGH & MIDDLE SCHOOL – NOVEMBER 2026



AVAILABLE DAILY

Monday 2	Potato & Cheese Pierogi with Kielbasa & Sauerkraut	<i>Deli Central</i>	Assorted Grab & Go Sandwiches 	
Tuesday 3	NO SCHOOL ELECTION DAY		Pizzeria Pizza	PIZZA ZONE
Wednesday 4	Appetizer Sampler (Pizza Crunchers, Chicken Bites & 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 5	NO SCHOOL NJEA CONVENTION		Pasta with Meatballs & Marinara Sauce	<i>Daily Dish</i>
Friday 6	NO SCHOOL NJEA CONVENTION	FRESH FARMISTAND	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 9	Chicken & Vegetable Dumpling Bowl	   	Assorted Grab & Go Sandwiches	 
Tuesday 10	Chicken Noodle Soup with a Buttermilk Biscuit		Pizzeria Pizza	
Wednesday 11	Chicken Teriyaki with Asian Vegetables over Brown Rice		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 12	Lasagna Roll-Ups with Pink Sauce & Garlic Bread		Pasta with Meatballs & Marinara Sauce	
Friday 13	Bone-In Chicken with Cheesy Mashed Potatoes		Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials	

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Monday 16	BBQ Pulled Pork Sliders with French Fries	<i>Deli Central</i>	Assorted Grab & Go Sandwiches 	
Tuesday 17	Burger Bar – 100% Beef Burger on a Bun with Choice of Toppings		Pizzeria Pizza	PIZZA ZONE
Wednesday 18	Roasted Turkey Breast with Gravy, Potatoes, Corn & a Turkey Sugar Cookie	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 19	Popcorn Chicken & Potato Bowl with Cheese, Gravy & Corn		Pasta with Meatballs & Marinara Sauce	<i>Daily Dish</i>
Friday 20	Beef Burrito or Chicken Burrito served with Rice & Beans	FRESH FARMISTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials	

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Monday 23	Homemade Macaroni & Cheese OR Homemade Buffalo Macaroni & Cheese served with Garlic Bread	<i>Deli Central</i>	Assorted Grab & Go Sandwiches 	
Tuesday 24	BBQ Chicken Breast with Cheesy Mashed Potatoes & Roasted Local Butternut Squash		Pizzeria Pizza	PIZZA ZONE
Wednesday 25	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 26	NO SCHOOL HAPPY THANKSGIVING		Pasta with Meatballs & Marinara Sauce	<i>Daily Dish</i>
Friday 27	NO SCHOOL	FRESH FARMISTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials	

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Monday 30	Personal Pizza OR Calzone	<i>Deli Central</i>	Assorted Grab & Go Sandwiches 	
			Pizzeria Pizza	PIZZA ZONE
		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	<i>Daily Dish</i>
		FRESH FARMISTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials	

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