

GLEN ROCK HIGH & MIDDLE SCHOOL – OCTOBER 2025



AVAILABLE DAILY

Monday		   	Assorted Grab & Go Sandwiches	
Tuesday			Pizzeria Pizza	
Wednesday 1	Popcorn Chicken Bowl		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 2	NO SCHOOL		Pasta with Meatballs & Marinara Sauce	
Friday 3	Celebrate World Animal Day Appetizer Sampler w/ Animal Crackers		Build-Your-Own Salad Bar 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.
 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 6	Personal Pizza	<i>Deli Central</i>	Assorted Grab & Go Sandwiches		
Tuesday 7	Local Apple Grilled Cheese Sandwich w/ French Fries		Pizzeria Pizza		PIZZA ZONE
Wednesday 8	3-Cheese Cavatappi with Veggies & a Dinner Roll	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 9	Organic Homemade Mac & Cheese w/ Crunchy Doritos Topping		Pasta with Meatballs & Marinara Sauce		<i>Daily Dish</i>
Friday 10	Chili Cheese Hot Dogs w/ Chips	FRESH FARMISTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials		

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Monday 13	NO LUNCH	<i>Deli Central</i>	Assorted Grab & Go Sandwiches		
Tuesday 14	Homemade Baked Ziti		Pizzeria Pizza		PIZZA ZONE
Wednesday 15	Cheese Arancini w/ Marinara Sauce OR Beef & Pea Arancini w/ Marinara Sauce	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 16	Pastelon (Plantain Lasagna)		Pasta with Meatballs & Marinara Sauce		<i>Daily Dish</i>
Friday 17	Asian Chicken Lettuce Wraps featuring Local Field Lettuce w/ Vegetable Lo Mein	FRESH FARMSTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials		

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Monday 20	NO LUNCH	<i>Deli Central</i>	Assorted Grab & Go Sandwiches		
Tuesday 21	Chicken & Broccoli Pasta Alfredo with Garlic Bread		Pizzeria Pizza		PIZZA ZONE
Wednesday 22	Homemade Grilled Cheese w/ Tomato Soup	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 23	BBQ Rib Hero w/ Cheesy Mashed Potatoes		Pasta with Meatballs & Marinara Sauce		<i>Daily Dish</i>
Friday 24	Chicken Cordon Bleu on a Brioche Bun w/ Roasted Local Beets	FRESH FARMSTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials		

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Monday 27	Buffalo Chicken Grilled Cheese on Texas Toast w/ Sweet Potato Fries	     	Assorted Grab & Go Sandwiches
Tuesday 28	Chicken Noodle Soup with a Buttermilk Biscuit		Pizzeria Pizza
Wednesday 29	Local Broccoli & Cheddar Soup w/ Crackers		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 30	Chicken Parmesan w/ Side of Pasta and Marinara		Pasta with Meatballs & Marinara Sauce
Friday 31	Mummy Hot Dog w/ Ghostly Mashed Potatoes		Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials

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