

GLEN ROCK HIGH & MIDDLE SCHOOL – OCTOBER 2026



AVAILABLE DAILY

			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	
Thursday 1	Lasagna Roll-Ups with Pink Sauce & Garlic Bread		Pasta with Meatballs & Marinara Sauce	
Friday 2	Bone-In Chicken with Cheesy Mashed Potatoes		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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AVAILABLE DAILY

Monday 5	BBQ Pulled Chicken Sliders with French Fries	<i>Deli Central</i>	Assorted Grab & Go Sandwiches 	
Tuesday 6	Burger Bar – 100% Beef Burger on a Bun with Choice of Toppings & Local Apple Crisp		Pizzeria Pizza	PIZZA ZONE
Wednesday 7	Pierogi w/ Carmelized Onions & Kielbasa	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 8	Popcorn Chicken Bowl		Pasta with Meatballs & Marinara Sauce	<i>Daily Dish</i>
Friday 9	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 12	EARLY DISMISSAL NO LUNCH SERVICE	<i>Deli Central</i>	Assorted Grab & Go Sandwiches 	
Tuesday 13	Popcorn Chicken Bowl with Mashed Potatoes, Cheddar Cheese, Gravy, Corn or Local Cauliflower		Pizzeria Pizza	PIZZA ZONE
Wednesday 14	Beef Nachos with Scoops Tortilla Chips & Brown Rice	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 15	Burger Bar – 100% Beef Burger OR Impossible Burger on a Bun with Choice of Assorted Toppings served with Fries & Roasted Local Cauliflower		Pasta with Meatballs & Marinara Sauce	<i>Daily Dish</i>
Friday 16	Stuffed Sandwich with Pizza Crunchers, Boneless Chicken Wings & French Fries served with Chips	FRESH FARMISTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials	

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Monday 19	Personal Pizza	   	Assorted Grab & Go Sandwiches	 
Tuesday 20	Chicken Parmesan on a Kaiser Roll with a side of Pasta		Pizzeria Pizza	
Wednesday 21	3-Cheese Cavatappi with Veggies & a Dinner Roll		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 22	Organic Homemade Mac & Cheese w/ Crunchy Topping		Pasta with Meatballs & Marinara Sauce	
Friday 23	Chili Cheese Hot Dog w/ Chips		Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials	

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Monday 26	Cheese-Stuffed Shells with Pink Sauce, Mixed Veggies & Garlic Bread	   	Assorted Grab & Go Sandwiches	 
Tuesday 27	Chicken Soup with a Dinner Roll OR Homemade Baked Ziti		Pizzeria Pizza	
Wednesday 28	Chicken & Cheese Quesadilla OR Cheese Quesadillas with Sour Cream & Guacamole		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 29	Sausage & Pepper Hoagie OR Sausage & Peppers with Onions & Pasta		Pasta with Meatballs & Marinara Sauce	
Friday 30	Chicken & Waffles Mummy Hot Dog		Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials	

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