

# GLEN ROCK HIGH & MIDDLE SCHOOL – SEPTEMBER 2025



## AVAILABLE DAILY

Monday 1			Assorted Grab & Go Sandwiches		
Tuesday 2	Popcorn Chicken Bowl with Mashed Potatoes, Cheddar Cheese, Gravy & Sweet Corn			Pizzeria Pizza	
Wednesday 3	Beef Nachos with Scoops Tortilla Chips & Brown Rice Panther		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 4	Burger Bar – 100% Beef Burger OR Impossible Burger on a Bun with Choice of Assorted Toppings served with Chips		Pasta with Meatballs & Marinara Sauce		
Friday 5	NATIONAL PIZZA DAY ASSORTED PIZZAS W/ TOPPINGS		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](mailto: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](http://www.pomptonian.com).



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<b>Monday 8</b>	Personal Pizza	<i>Deli Central</i>	Assorted Grab & Go Sandwiches		
<b>Tuesday 9</b>	Chicken Parmesan On a Kaiser w/ Side of Pasta		Pizzeria Pizza		<b>PIZZA ZONE</b>
<b>Wednesday 10</b>	3-Cheese Cavatappi with Veggies & a Dinner Roll	<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 11</b>	Organic Homemade Mac & Cheese w/ Crunchy Doritos Topping		Pasta with Meatballs & Marinara Sauce		<i>Daily Dish</i>
<b>Friday 12</b>	Chili Cheese Hot Dogs w/ Chips	<b>FRESH FARMISTAND</b>	<b>Build-Your-Own Salad Bar</b> Assorted Grab & Go Salad Specials		

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<b>Monday 15</b>	Cheese-Stuffed Shells with Pink Sauce, Mixed Veggies & Garlic Bread	<i>Deli Central</i>	Assorted Grab & Go Sandwiches		
<b>Tuesday 16</b>	Chicken Soup w/ Dinner Roll Homemade Baked Ziti		Pizzeria Pizza		<b>PIZZA ZONE</b>
<b>Wednesday 17</b>	Chicken & Cheese Quesadilla OR Cheese Quesadillas with Sour Cream & Guacamole	<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 18</b>	NATIONAL BURGER DAY BUILD-YOUR-OWN BURGER BAR		Pasta with Meatballs & Marinara Sauce		<i>Daily Dish</i>
<b>Friday 19</b>	Chicken & Waffles	<b>FRESH FARMISTAND</b>	<b>Build-Your-Own Salad Bar</b> Assorted Grab & Go Salad Specials		

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<b>Monday 22</b>	Potato & Cheese Pierogi with Kielbasa & Sauerkraut	<i>Deli Central</i>	Assorted Grab & Go Sandwiches		
<b>Tuesday 23</b>	NO SCHOOL			Pizzeria Pizza	<b>PIZZA ZONE</b>
<b>Wednesday 24</b>	NO SCHOOL				
<b>Thursday 25</b>	NATIONAL QUESADILLA DAY Chicken & Cheese Quesadilla Cheese Quesadilla Beef & Cheese Quesadilla	<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>Friday 26</b>	Pupusa w/ Local Bell Pepper Curtido	<b>FRESH FARMISTAND</b>	Pasta with Meatballs & Marinara Sauce		<i>Daily Dish</i>
			<b>Build-Your-Own Salad Bar</b> Assorted Grab & Go Salad Specials		

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<b>Monday 29</b>	Buffalo Chicken Grilled Cheese on Texas Toast w/ Sweet Potato Fries	          	Assorted Grab & Go Sandwiches
<b>Tuesday 30</b>	Chicken Noodle Soup with a Buttermilk Biscuit		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
			Pasta with Meatballs & Marinara Sauce
			<b>Build-Your-Own Salad Bar</b> Assorted Grab & Go Salad Specials

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