

GLEN ROCK HIGH & MIDDLE SCHOOL – SEPTEMBER 2026



AVAILABLE DAILY

Monday 7	LABOR DAY	<i>Deli Central</i>	Assorted Grab & Go Sandwiches 	
Tuesday 8	Popcorn Chicken Bowl with Mashed Potatoes, Cheddar Cheese, Gravy & Sweet Corn		Pizzeria Pizza	PIZZA ZONE
Wednesday 9	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 10	Burger Bar – 100% Beef Burger OR Impossible Burger on a Bun with Choice of Assorted Toppings served with Chips		Pasta with Meatballs & Marinara Sauce	<i>Daily Dish</i>
Friday 11	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	

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 14	Personal Pizza	   	Assorted Grab & Go Sandwiches	 
Tuesday 15	Chicken Parmesan on a Kaiser Roll with a side of Pasta		Pizzeria Pizza	
Wednesday 16	Chicken Tinga 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 17	Creamy Ricotta Parmesan Pasta		Pasta with Meatballs & Marinara Sauce	
Friday 18	Chili Cheese Hot Dog w/ Chips		Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials	

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Monday 21	NO SCHOOL	<i>Deli Central</i>	Assorted Grab & Go Sandwiches 
Tuesday 22	Chicken Soup with a Dinner Roll Homemade Baked Ziti w/ Roasted Local Zucchini Coins		Pizzeria Pizza PIZZA ZONE
Wednesday 23	Chicken & Cheese Quesadilla OR Cheese Quesadillas w/ Peppers & Onions with Sour Cream & Guacamole	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 24	Sausage & Pepper Hoagie OR Sausage w/ Peppers Onions & Pasta		Pasta with Meatballs & Marinara Sauce Daily Dish
Friday 25	Chicken & Waffles	FRESH FARMISTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials 

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Monday 28	Potato & Cheese Pierogi with Kielbasa & Sauerkraut	Deli Central	Assorted Grab & Go Sandwiches	 Pizzeria Pizza	
Tuesday 29	Chicken & Broccoli Pasta Alfredo with Garlic Bread				
Wednesday 30	Appetizer Sampler				
		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 FARMISTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials		

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