



# SEPTEMBER GLEN ROCK

## 2024 Elementary Schools



**POMPTONIAN**  
FOOD SERVICE

### MONDAYS

Tuna Salad on a Whole Grain Wrap

Paris Café: Assorted Cheeses w/ Sweet Grapes & a Baguette Slice or Mini Croissant

Grilled Chicken Caesar Salad w/ a Dinner Roll

### TUESDAYS

Turkey BLT Roll-Ups

Grab 'n Go Yogurt Box: Yogurt w/ String Cheese, Pretzels & Fruit

Asian Soba Noodle Salad w/ a Fortune Cookie

### WEDNESDAYS

Wild West: Ham w/ Cheese on a Whole Grain Wrap

Peach Yogurt Parfait w/ Granola

Grilled Chicken Cobb Salad w/ a Dinner Roll

### THURSDAYS

Grilled Chicken Caesar Wrap

Bagel Lunch: White or Whole Grain Bagel w/ Cream Cheese, Fruit & Vegetable

Chicken Chopped Salad w/ Ranch Dressing & a Roll

### FRIDAYS

Italian Sub

Cereal Lunch w/ a Low-Fat Cheese Stick, Yogurt & Fruit

Chicken Salad Bento Box w/ Grapes & Pita Bread



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Popcorn Chicken w/ Mashed Potatoes & a Dinner Roll

Pizzeria Pizza

Chicken Tenders w/ Roasted Veggies  
**Double Hot**

Boneless Chicken Wings w/ BBQ Sauce & French Fries

Pizzeria Pizza

Nachos Grande w/ Cheddar Cheese Sauce & Mexican Corn  
**Double Hot**

Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges

Pizzeria Pizza

Chicken Teriyaki Bowl w/ a Fortune Cookie  
**Double Hot**

Mediterranean Box w/ Organic Hummus, Pita Bread, Hard-Boiled Egg, Cucumber & Baby Carrots

Pizzeria Pizza

Pasta & Meatballs w/ a Dinner Roll  
**Double Hot**

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French Bread Pizza

Pizzeria Pizza

Mozzarella Sticks w/ Marinara Sauce & Italian Bread  
**Double Hot**

Chicken Parmesan on a Bun

Pizzeria Pizza

Chicken Nuggets w/ French Fries  
**Double Hot**

3-Cheese Cavatappi w/ a Dinner Roll

Pizzeria Pizza

French Toast Sticks w/ Syrup, a Sausage Patty & Hash Brown Potatoes  
**Double Hot**

Baked Organic Mac & Cheese: Organic Pasta, Organic Cheddar Cheese & Organic Milk

Pizzeria Pizza

Popcorn Chicken w/ Italian Bread  
**Double Hot**

Sabrett All-Beef Hot Dog w/ Vegetarian Baked Beans

Pizzeria Pizza

General Tso's Chicken w/ Rice & Broccoli  
**Double Hot**

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Cheese Stuffed Shells in Pink Sauce w/ Mixed Veggies

Pizzeria Pizza

Popcorn Chicken w/ Dipping Sauce & a Dinner Roll  
**Double Hot**

Large Hearty All-Natural Chicken Soup w/ a Whole Grain Roll

Pizzeria Pizza

Baked Ziti w/ Garlic Bread  
**Double Hot**

Jersey Sliders: Mini Cheeseburgers w/ American Cheese & French Fries

Pizzeria Pizza

Chicken Fillet on a Bun  
**Double Hot**

BBQ Chicken Sliders w/ Sweet Potato Fries

Pizzeria Pizza

BBQ Rib on a Bun w/ Mixed Veggies  
**Double Hot**

Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges

Pizzeria Pizza

French Bread Pizza  
**Double Hot**

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Potato & Cheese Pierogi w/ Hot Dog Bites

Pizzeria Pizza

Chicken Patty Parmesan on a Kaiser Roll  
**Double Hot**

Homemade Tomato Soup w/ a Grilled Cheese Sandwich

Pizzeria Pizza

Pancakes w/ an Egg Patty  
**Double Hot**

**NATIONAL QUESADILLA DAY!**  
Quesadillas w/ Local Street Corn

Organic Chicken & Cheese Beef & Cheese or Cheese Only

Pizzeria Pizza

Chicken & Waffles  
**Double Hot**

Pasta Alfredo w/ Broccoli & Italian Bread

Pizzeria Pizza

Teriyaki Chicken w/ Asian Vegetables over Brown Rice  
**Double Hot**

Organic Meatloaf w/ Roasted Organic Red Potatoes & Sweet Carrots

Pizzeria Pizza

Chicken Cordon Bleu on a Brioche Bun  
**Double Hot**

Sabrett All-Beef Hot  
Dog on a Bun w/ French  
Fries

Pizzeria Pizza

Pizza Crunchers w/ a  
Dinner Roll  
**Double Hot**



Go to  
<http://glenrock.pomptonianmenus.com/order>  
to place an order by credit card.



Fruits & vegetables from  
The Farm Stand are  
included with lunch.

**A Complete Meal Includes:**

Entrée w/ Protein/Grain

**A Trip to The Farm Stand**

Low-Fat Flavored Milk, Skim Milk, 1% Milk,  
or 4 oz. Pure Fruit Juice

**FOOD  
ALLERGIES**

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).

**Upgrade your Milk Selection!**

Add an Organic Milk or Organic Chocolate Milk to your order  
for \$2.50 found in the BEVERAGE OR SNACK menu

Any questions, call Food Service Director  
at 201 445-7700 ext. 8965

*Menu Subject to Change*

**Everything on this Menu is baked not Fried**

*Your comments are important to us. Please email us at  
[comments@pomptonian.com](mailto:comments@pomptonian.com)*