

GLEN ROCK HIGH & MIDDLE SCHOOL – SEPTEMBER 2024



AVAILABLE DAILY

<p>Monday 2</p>		<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p> <p>Pizzeria Pizza</p> 
<p>Tuesday 3</p>	<p>Homemade Mac and Cheese w/ Cheesy Garlic Bread Homemade Buffalo Chicken Mac and Cheese w/ Cheesy Garlic Bread</p>	<p>AMERICAN GRILLE</p> <p>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</p>
<p>Wednesday 4</p>	<p>Beef or Cheeseburger Sliders w/ Sweet Potato Fries</p>	<p>Pasta with Meatballs & Marinara Sauce</p> 
<p>Thursday 5</p>	<p>Pasta w/ Meatballs and Italian Bread Pasta Alfredo w/ Italian Bread</p>	<p>FRESH FARMISTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p>
<p>Friday 6</p>	<p>Empanadas w/ Rice and Beans</p>	

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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<p>Monday 9</p>	<p>Grilled Chicken Bowl w/ Mixed Veggies</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>
<p>Tuesday 10</p>	<p>BBQ Rib Hero w/ Mashed Potatoes</p>	<p>Pizzeria Pizza</p> <p>PIZZA ZONE</p>
<p>Wednesday 11</p>	<p>Appetizer Sampler</p>	<p>AMERICAN GRILLE</p> <p>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</p>
<p>Thursday 12</p>	<p>Burger Bar: W/ French Fries Also: Vegan Impossible Burgers w/ French Fries</p>	<p>Pasta with Meatballs & Marinara Sauce</p> <p><i>Daily Dish</i></p>
<p>Friday 13</p>	<p>Beef Nachos w/ Rice & Beans w/ Tortilla Chips</p>	<p>FRESH FARMISTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p>

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Monday 16	Celebrating Hispanic Heritage Month w/ Chilaquiles	 Assorted Grab & Go Sandwiches
Tuesday 17	Waffle Day Promo!	Pizzeria Pizza 
Wednesday 18	Stuffed Shells w/ Pink Sauce and Garlic Bread	 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 19	Popcorn Chicken Bowl	Pasta with Meatballs & Marinara Sauce 
Friday 20	6' Assorted Subs w/ Chips	 Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials

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**FOOD
ALLERGIES**

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Monday 23	Potato and Cheese Pierogi with Kielbasa, Sauerkraut, and Sour Cream	<i>Deli Central</i>	Assorted Grab & Go Sandwiches
Tuesday 24	Chicken Fajitas w/ Chips Beef Fajitas w/ Chips		Pizzeria Pizza
Wednesday 25	NATIONAL QUESADILLA DAY: Choice of: Chicken and Cheese, Beef and Cheese or Cheese Only w/ Local Mexican Street Corn	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 26	Philly Cheesesteak w/ Peppers and Onions, Mushrooms, Nacho Cheese and Gravy		Pasta with Meatballs & Marinara Sauce
Friday 27	Chicken and Waffles	FRESH FARMSTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials

PIZZA ZONE

Daily Dish

VEGETABLE OF THE MONTH



LOCALLY GROWN CORN ON THE COB

FRUIT OF THE MONTH



LOCALLY GROWN GALA APPLE

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FOOD ALLERGIES






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<p>Monday 30</p>	<p>Chili Cheese Dog – All-Beef Hot Dog served with Beef Chili, Cheese and Choice of Toppings served with Roasted Red Potatoes</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>Assorted Grab & Go Sandwiches</p> </div> <div style="text-align: right;">  </div> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 20px;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>Pizzeria Pizza</p> <p>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</p> </div> <div style="text-align: right;">  </div> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 20px;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>Pasta with Meatballs & Marinara Sauce</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p> </div> </div>

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