



November 2023

GLEN ROCK Elementary Schools



MONDAYS

Turkey & Cheese on a Kaiser
Paris Café: Assorted Cheeses w/ Sweet Grapes & a Baguette Slice or Mini Croissant
Grilled Chicken Caesar Salad w/ a Dinner Roll

TUESDAYS

BOAR'S HEAD Turkey BLT Roll-Ups
Grab 'n Go Yogurt Box: Yogurt w/ String Cheese, Honey-Wheat Pretzels & Fruit
Asian Soba Noodle Salad w/ a Fortune Cookie

WEDNESDAYS

Wild West: BOAR'S HEAD Ham w/ Cheese on a Whole Grain Wrap

Peach Yogurt Parfait w/ Granola

Grilled Chicken Cobb w/ 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

BOAR'S HEAD Italian Sub

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


Chicken Salad Bento Box w/ Grapes & Pita Bread

		1	2	3
		Baked Organic Mac & Cheese: Organic Pasta, Organic Cheddar Cheese Pizzeria Pizza Boneless Chicken Wings w/French Fries Double Hot	Panther Cheeseburger or Hamburger w/ Mashed Potatoes Pizzeria Pizza Pasta w/ Meatballs Double Hot	Chicken Patty Parmesan Pizzeria Pizza Turkey Tacos w/ Scoops and Brown Rice and Cheddar Cheese Double Hot

6	7	8	9	10
Chicken Nuggets w/ Mashed Potatoes and Sweet Corn Pizzeria Pizza Sabrett Hot Dogs w/Vegetarian Beans Double Hot	Election Day No Meal Service	French Bread Pizza w/President's Day Cookies Pizzeria Pizza Beef & 3 Bean Chili Nachos Double Hot	NJEA Convention No Meal Service	NJEA Convention No Meal Service

13	14	15	16	17
Stuffed Shells w/ Pink Sauce and Garlic Bread Pizzeria Pizza BBQ Rib Hero Double Hot Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges	Ham & Cheese Crepe Pizzeria Pizza Stuffed Crust Pizza Double Hot Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges	Pizza Crunchers w/ Sweet Potato Fries Pizzeria Pizza Chicken Tenders w/ Fresh Roasted Vegetables Double Hot Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges	Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges Pizzeria Pizza Chicken Empanada w/ Rice and Beans Double Hot	French Bread Pizza Pizzeria Pizza Chicken Nuggets w/ Mashed Potatoes and a Dinner Roll Double Hot Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges

20	21	22	23	24
Organic Grilled Cheese w/ Tomato Soup w/ Sweet Potato Wedges Pizzeria Pizza Pork Sausage and Peppers with Garlic Bread Double Hot	Turkey w/ Gravy, Local Cranberry Sauce, Mashed Potatoes, Local Braised Red Cabbage and a Corn Muffin Pizzeria Pizza Pancakes w/ Sausage Patty Double Hot	Early Dismissal No Lunch Service	Thanksgiving Holiday Break	


27	28	29	30
Sabrett Hot Dog w/ French Fries	Vegan Impossible Burger w/ Fries	Hamburger or Cheeseburger Sliders	 Organic Homemade Beef Meatloaf w/ Organic Roasted Red Potatoes and Gravy
Pizzeria Pizza	Pizzeria Pizza	Chicken & Waffles	Pizzeria Pizza
Popcorn Chicken w/ Dipping Sauce & Whole Grain Roll Double Hot	Beacon Street Stuffed Cheese Sticks w/ Marinara Dipping Sauce Double Hot	Pizzeria Pizza Double Hot	Baked Boneless Chicken Wings w/ Fries Double Hot

Go to
<http://glenrock.pomptonianmenus.com/order>
to place an order by credit card.
 For order edits or cancellations, please e-mail
bfoxman@pomptonian.com by 8:00 a.m.



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

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.

- Traditional Lunch - \$4.75 per meal
- Double Hot Traditional Meal - \$6.00
- Boar's Head & Featured Favorite Lunches - \$5.50 (Double Hot not available)
-  Organic Lunch - \$7.00 (Double Hot not available)
- 2-Slice Pizza Meal - \$6.00

Upgrade your Milk Selection!
 Add an Organic Milk or Organic Chocolate Milk to your order
 for \$2.75 found in the BEVERAGE OR SNACK menu

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

Any questions, call Food Service Director
 Brandon Foxman 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