



# OCTOBER GLEN ROCK

## 2024 Elementary Schools



### 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

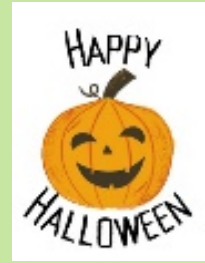
Italian Sub

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

Chicken Salad Bento Box w/ Grapes & Pita Bread

		1	2	3	4
		Chicken Tenders w/ Roasted Veggies	Baked Ziti w/ Italian Bread	NO SCHOOL	NO SCHOOL
		Pizzeria Pizza	Pizzeria Pizza		
		Baked Mozzarella Sticks w/ Marinara Dipping Sauce and French Fries <b>Double Hot</b>	Boneless Chicken Wings w/ Mashed Potatoes <b>Double Hot</b>		
7	8	9	10	11	
Baked Organic Mac & Cheese: Organic Pasta, Organic Cheddar Cheese & Organic Milk	Grilled Cheese w/ Campbell's Tomato Soup	Beef Nachos w/ Brown Rice and Scoops	Chicken Fillet on a Bun w/ Sweet Potato Fries	French Bread Pizza	
Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	
Chicken Nuggets w/ French Fries <b>Double Hot</b>	Cheeseburger or Beef Burger w/ Mashed Potatoes <b>Double Hot</b>	Popcorn Chicken w/ Mashed Potatoes & Corn <b>Double Hot</b>	Pizza Crunchers w/ Mixed Veggies <b>Double Hot</b>	Sabrett Hot Dog w/ Sweet Corn and Scoops <b>Double Hot</b> <i>Celebrating Hispanic Heritage Month</i> Cuban Sandwich w/ Plantain Chips	
14	15	16	17	18	
EARLY DISMISSAL	Chicken Noodle Soup w/ Buttermilk Biscuit	Boneless Chicken Wings w/ BBQ Sauce & French Fries	Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges	Mediterranean Box w/ Organic Hummus, Pita Bread, Hard-Boiled Egg, Cucumber & Baby Carrots	
	Pizzeria Pizza	Teriyaki Chicken w/ <i>Local Baby Bok Choy Vegetable</i> and Fried Rice	Pizzeria Pizza	Pizzeria Pizza	
	Chicken Tenders w/ Roasted Veggies <b>Double Hot</b>	Pizzeria Pizza	Chicken Teriyaki Bowl w/ a Fortune Cookie <b>Double Hot</b>	Pasta & Meatballs w/ a Dinner Roll <b>Double Hot</b>	
21	22	23	24	25	
Grilled Chicken on a Bun w/ French Fries	Chicken Parmesan on a Bun	3-Cheese Cavatappi w/ a Dinner Roll	Baked Organic Mac & Cheese: Organic Pasta, Organic Cheddar Cheese & Organic Milk	Appetizer Sampler w/ Chips	
Pizzeria Pizza	Pizzeria Pizza	Cheese Pierogi w/ <i>Local Caramelized Onions</i> w/ Pretzel Roll and Cheese Dip	Pizzeria Pizza	Pizzeria Pizza	
Mozzarella Sticks w/ Marinara Sauce & Italian Bread <b>Double Hot</b>	French Toast Sticks w/ Syrup, a Sausage Patty & Hash Brown Potatoes <b>Double Hot</b>	Pizzeria Pizza	Cheese Stuffed Shells in Pink Sauce w/ Mixed Veggies & Bread <b>Double Hot</b>	General Tso's Chicken w/ Rice & Broccoli <b>Double Hot</b>	
		Chicken Nuggets w/ French Fries <b>Double Hot</b>			

28	29	30	31
Popcorn Chicken w/ Italian Bread and <i>Local Roasted Cauliflower</i>	Large Hearty All-Natural Chicken Soup w/ a Whole Grain Roll	 Organic Chicken & Cheese Quesadilla or Organic Cheese Quesadilla w/ Chips	BBQ Beef Rib Hero
Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	<i>Happy Halloween Mummy Hot Dog w/ French Fries</i>
Baked Ziti w/ Garlic Bread <b>Double Hot</b>	Popcorn Chicken w/ Dipping Sauce & a Dinner Roll <b>Double Hot</b>	Chicken Fillet on a Bun w/ Fries <b>Double Hot</b>	Pizzeria Pizza  Baked Mozzarella Sticks w/ Marinara Sauce and French Fries <b>Double Hot</b>



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

**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 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)*







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

**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

<b>FRUIT OF THE MONTH</b>	<b>VEGETABLE OF THE MONTH</b>	<b>VEGETABLE OF THE MONTH</b>	<b>VEGETABLE OF THE MONTH</b>
			
<b>LOCALLY GROWN SUNCRISP APPLES</b>	<b>LOCALLY GROWN BABY BOK CHOY</b>	<b>LOCALLY GROWN CAULIFLOWER</b>	<b>LOCALLY GROWN YELLOW ONIONS</b>