


GLEN ROCK HIGH & MIDDLE SCHOOL – April 2025



AVAILABLE DAILY

Monday		<i>Deli Central</i>	Assorted Grab & Go Sandwiches	
Tuesday 1	Bacon Cheeseburgers w/ French Fries Vegan Impossible Burger w/ French Fries			PIZZA ZONE
Wednesday 2	Breakfast for Lunch: French Toast w/ Turkey Sausage w/ Tater Tots	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 3	Homemade Mac & Cheese w/ Garlic Bread Homemade Buffalo Chicken Mac & Cheese w/ Garlic Bread		Pasta with Meatballs & Marinara Sauce	<i>Daily Dish</i>
Friday 4	Appetizer Sampler w/ Cookies	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.

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.



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<p>Monday 7</p>	<p>Pasta w/ Meatballs and Dinner Roll</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> <p>PIZZA ZONE</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>Pasta with Meatballs & Marinara Sauce</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p> <p><i>Daily Dish</i></p> <p>FRESH FARMISTAND</p>
<p>Tuesday 8</p>	<p>Homemade Baked Ziti</p>	
<p>Wednesday 9</p>	<p>Organic Homemade Cheese Quesadillas Organic Homemade Chicken & Cheese Quesadillas w/ Salsa & Chips</p>	
<p>Thursday 10</p>	<p>Chicken Teriyaki w/ Vegetable Egg Roll & a Fortune Cookie</p>	
<p>Friday 11</p>	<p>Breakfast Platter</p>	

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Monday 14	SPRING BREAK	<i>Deli Central</i>	Assorted Grab & Go Sandwiches		
Tuesday 15	SPRING BREAK			Pizzeria Pizza	PIZZA ZONE
Wednesday 16	SPRING BREAK	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 17	SPRING BREAK		Pasta with Meatballs & Marinara Sauce		<i>Daily Dish</i>
Friday 18	SPRING BREAK	FRESH FARMSTAND	Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials		

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<p>Monday 21</p>	<p>Popcorn Chicken Bowl</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> 
<p>Tuesday 22</p>	<p>Chili Cheese Dogs w/ Waffle Fries Chia Seed Pudding Cups w/ Mixed Berries & Whipped Cream</p>	<p><i>AMERICAN GRILLE</i></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 23</p>	<p>National Grilled Cheese Month</p> <ul style="list-style-type: none"> • Grilled Cheese on Texas Toast • Pepperoni Pizza Grilled Cheese on Texas Toast • Ham & Swiss Grilled Cheese on Texas Toast <p><i>all served w/ French Fries</i></p>	<p><i>Daily Dish</i></p> <p>Pasta with Meatballs & Marinara Sauce</p>
<p>Thursday 24</p>	<p>Chicken Parmesan on a Brioche w/ Sweet Potato Fries & Local Spinach Side Salad</p>	<p><i>FRESH FARMSTAND</i></p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p>
<p>Friday 25</p>	<p>General Tso's Chicken w/ Vegetable Fried Rice</p>	

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<p>Monday 28</p>	<p>Stuffed Panther Sandwiches w/ Chips</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> <p>PIZZA ZONE</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>Pasta with Meatballs & Marinara Sauce</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p> <p><i>Daily Dish</i></p> <p>FRESH FARMSTAND</p>
<p>Tuesday 29</p>	<p>Pasta w/ Fresh Grilled Chicken, Broccoli Florets and Parmesan Cheese</p>	
<p>Wednesday 30</p>	<p>Organic Beef Cheeseburger on a Brioche w/ Seasoned Potato Wedges</p>	
<p>Thursday</p>		
<p>Friday</p>		

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