







GLEN ROCK HIGH & MIDDLE SCHOOL – May 2025



AVAILABLE DAILY

Monday		 <p>Assorted Grab & Go Sandwiches</p> 
Tuesday		<p>Pizzeria Pizza</p> 
Wednesday		 <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>
Thursday 1		<p>Pasta with Meatballs & Marinara Sauce</p> 
Friday 2	Appetizer Sampler w/ Cookies	 <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</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.



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<p>Monday 5</p>	<p>Cinco De Mayo: Assorted Tamales w/ Rice & Beans, <i>Local Radish Slaw</i> and Pico De Gallo and Guacamole</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p><i>Deli Central</i></p> <p>VEGETABLE OF THE MONTH</p>  <p>LOCALLY GROWN RED RADISHES</p> </div> <div style="width: 35%;"> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> </div> <div style="width: 30%; text-align: right;"> <p>PIZZA ZONE</p> </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 20px;"> <div style="width: 30%;"> <p>AMERICAN GRILLE</p> </div> <div style="width: 35%;"> <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="width: 30%; text-align: right;"> <p><i>Daily Dish</i></p> </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 20px;"> <div style="width: 30%;"> <p>FRESH FARMISTAND</p> </div> <div style="width: 35%;"> <p>Pasta with Meatballs & Marinara Sauce</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p> </div> </div>
<p>Tuesday 6</p>	<p>Homemade Mac & Cheese w/ Garlic Bread or Homemade Buffalo Chicken Mac & Cheese w/ Garlic Bread</p>	
<p>Wednesday 7</p>	<p>Organic Homemade Cheese Quesadillas or Organic Homemade Chicken & Cheese Quesadillas w/ Salsa and Chips</p>	
<p>Thursday 8</p>	<p>Walking Beef Tacos</p>	
<p>Friday 9</p>	<p>Sloppy Joe Sandwiches w/ French Fries</p>	

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<p>Monday 12</p>	<p>Chicken Parmesan w/ side of Pasta</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> 
<p>Tuesday 13</p>	<p>Popcorn Chicken Bowl</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 14</p>	<p>Double Stack Cheeseburger w/ French Fries Double Stack Burger w/ Bacon and French Fries Vegan Impossible Burger w/ French Fries</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 15</p>	<p>Orange Chicken w/ Vegetable Fried Rice and Egg Roll</p>	<p>Pasta with Meatballs & Marinara Sauce</p> 
<p>Friday 16</p>	<p>Pasta Bar: Choice of Sauce and Protein Alfredo, Marinara, or Pink Sauce Grilled Chicken, Mixed Veggies, or Hot Honey Beef</p>	<p>FRESH FARMSTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p>

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<p>Monday 19</p>	<p>Roasted Turkey Breast w/ Gravy and Mashed Potatoes</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> 
<p>Tuesday 20</p>	<p>Chili Cheese Dogs w/ Waffle Fries</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 21</p>	<p>Buffalo Chicken Grilled Cheese on Texas Toast w/ French Fries</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 22</p>	<p>Cheese Pierogis w/ Kielbasa and Sauerkraut</p>	<p>AMERICAN GRILLE</p> <p>Pasta with Meatballs & Marinara Sauce</p> 
<p>Friday 23</p>	<p>Meatball Parmesan Subs</p>	<p>FRESH FARMSTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p>

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<p>Monday 26</p>	<p>No School Memorial Day</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> 
<p>Tuesday 27</p>	<p>Pasta w/ Fresh Grilled Chicken, Broccoli Florets and Parmesan Cheese</p>	<p>FRUIT OF THE MONTH</p>  <p>LOCALLY GROWN STRAWBERRIES</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 28</p>	<p>Organic Beef Cheeseburger on a Brioche w/ Seasoned Potato Wedges</p>	<p>Pasta with Meatballs & Marinara Sauce</p> 
<p>Thursday 29</p>	<p>Cheese Lasagna Roll Ups w/ Garlic Bread in Pink Sauce</p>	<p>FRESH FARMSTAND</p> <p>Build-Your-Own Salad Bar Assorted Grab & Go Salad Specials</p>
<p>Friday 30</p>	<p>6' Sub Sandwiches w/ Chips</p>	

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