



December 2023

GLEN ROCK

Elementary Schools



POMPTONIAN
FOOD SERVICE

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

Sloppy Joe Sliders w/ Mixed Vegetables

Pizzeria Pizza

Chicken Cordon Bleu w/French Fries
Double Hot

4	5	6	7	8
<p> Organic Cheese Quesadilla w/ Black Beans and Organic Salsa Organic Chicken & Cheese Quesadilla w/ Black Beans and Organic Salsa</p> <p>Pizzeria Pizza</p> <p>Chicken Tenders w/ Roasted Veggies Double Hot</p>	<p>Beef Nachos w/ Brown Rice, Cheddar Cheese and Salsa</p> <p>Pizzeria Pizza</p> <p>Breaded Mozzarella Sticks w/ Marinara Sauce Double Hot</p>	<p>NO LUNCH EARLY DISMISSAL</p>	<p>NO LUNCH EARLY DISMISSAL</p>	<p>Pancakes w/ Egg Patty</p> <p>Pizzeria Pizza</p> <p>Teriyaki Chicken w/ Vegetable Fried Rice & a Fortune Cookie Double Hot</p>

11	12	13	14	15
<p>Stuffed Shells w/ Pink Sauce and Garlic Bread</p> <p>Pizzeria Pizza</p> <p>Chicken Filet on a Bun w/ Tater Tots Double Hot</p> <p> Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Potato Wedges</p>	<p>Meatball Parmesan</p> <p>Pizzeria Pizza</p> <p>Stuffed Crust Pizza Double Hot</p> <p> Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges</p>	<p>Pizza Crunchers w/ Sweet Potato Fries</p> <p>Pizzeria Pizza</p> <p>Boneless Chicken Wings w/ Dipping Sauce and a Dinner Roll Double Hot</p> <p> Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges</p>	<p>Sabrett Beef Hot Dog w/ French Fries</p> <p>Pizzeria Pizza</p> <p>Popcorn Chicken Bowl w/ Dinner Roll Double Hot</p> <p> Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges</p>	<p>3 Cheese Cavatappi w/ Garlic Bread</p> <p>Pizzeria Pizza</p> <p>Chicken Nuggets w/ Mashed Potatoes and a Dinner Roll Double Hot</p> <p> Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges</p>

18	19	20	21	22
<p> Organic Grilled Cheese w/ Tomato Soup w/ Sweet Potato Wedges</p> <p>Pizzeria Pizza</p> <p>BBQ Chicken Sandwich w/ Sweet Corn Double Hot</p>	<p>Homemade Cheese Lasagna with Local Crushed Tomatoes and Garlic Bread</p> <p>Pizzeria Pizza</p> <p>Pizzeria Pizza</p> <p>Pancakes w/ Sausage Patty Double Hot</p>	<p>French Bread Pizza</p> <p>Pizzeria Pizza</p> <p>Roasted Turkey w/ Gravy and Mashed Potatoes Double Hot</p>	<p>Homemade Mac & Cheese w/ Italian Bread</p> <p>Pizzeria Pizza</p> <p>Boneless Chicken Wings w/ French Fries Double Hot</p>	<p>Early Dismissal</p> <p>No Lunch Service</p>



Winter Recess

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.

**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.

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*