



# May 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  
Cobb Salad 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/ Pita Bread


1 All White Meat Chicken Tenders w/ Sweet Corn Niblets Pizzeria Pizza Cheesesteak Hero w/ Crinkle Cut Fries <b>Double Hot</b>	2 French Toast w/ Homemade Local Apple Crisp Pizzeria Pizza Meatball Sub <b>Double Hot</b>	3 Homemade Vegetable & Lentil Soup Pizzeria Pizza Chicken Nuggets w/ Dipping Sauce & Dinner Roll <b>Double Hot</b>	4 Mediterranean Box w/ Organic Hummus, Pita Bread, Hard Boiled Egg, Cucumber & Baby Carrots Pizzeria Pizza Sweet & Sour Chicken Bowl <b>Double Hot</b>	5 Cinco De Mayo: Carne Asada Street Taco w/ Fire Roasted Corn & Cotija Cheese Pizzeria Pizza Crispy Chicken Bacon Ranch Wrap <b>Double Hot</b>
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8 3 Cheese Cavatappi w/ Dinner Roll Pizzeria Pizza Chicken Patty Parmesan on Kaiser <b>Double Hot</b>	9 Homemade Chicken Soup w/ Grilled Chicken Sandwich Pizzeria Pizza Taco Tuesday: Twin Soft Beef Tacos w/ Cheddar Cheese <b>Double Hot</b>	10 Chicken Tenders w/ Roasted Vegetables Pizzeria Pizza Pancakes w/ Pork Sausage Patty <b>Double Hot</b>	11 Baked Organic Mac & Cheese: Organic Pasta, Organic Cheddar Cheese & Organic Milk Pizzeria Pizza Sabrett Hotdog w/Fries <b>Double Hot</b>	12 Mozzarella Cheese Stuffed Shells in Pink Sauce Pizzeria Pizza General Tso's Chicken w/ Rice & Broccoli <b>Double Hot</b>
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15 Large Hearty Chicken & Rice Soup w/ Buttermilk Biscuit Pizzeria Pizza French Bread Pizza <b>Double Hot</b>	16 Cheese Lasagna w/ Garlic Bread Pizzeria Pizza Sabrett All-Beef Hot Dog on a Bun w/ Baked Beans <b>Double Hot</b>	17 Organic Asian Chicken Stir Fry w/ Organic Chicken & Vegetables served w/ Rice Pizzeria Pizza Panther Cheeseburger w/ Potato Wedges <b>Double Hot</b>	18 Appetizer Sampler: Boneless Chicken Wings, Breaded Mozzarella Sticks, and Pizza Crunchers Pizzeria Pizza Beef & 3 Bean Chili Nachos <b>Double Hot</b>	19 Organic Chicken & Cheese Quesadilla served w/ Organic Salsa & Black Beans Pizzeria Pizza Chicken Nuggets, Mashed Potato w/ Gravy & Dinner Roll <b>Double Hot</b>
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22 Homemade Tomato Soup w/ a Grilled Cheese Sandwich Pizzeria Pizza Pasta w/ Meat sauce & Dinner Roll <b>Double Hot</b>	23 Popcorn Chicken Bowl Pizzeria Pizza Mozzarella Sticks w/ Marinara Sauce <b>Double Hot</b>	24 Cheese Tortellini w/Homemade Alfredo Sauce Pizzeria Pizza Nachos Grande w/ Cheddar Cheese Sauce & Mexican Corn <b>Double Hot</b>	25 Bento Box: Organic Pasta Salad w/ Organic Mozzarella Cheese, Organic Tomato & Organic Pepper, Organic Hard-Boiled Egg, Organic Melon & Annie's Organic Bunny Grahams Pizzeria Pizza Teriyaki Chicken w/ Asian Vegetables over Brown Rice <b>Double Hot</b>	26 No School- Unused Emergency Day
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**Memorial Day-  
School Closed**

 Organic Beef Burger  
on a Brioche Bun w/  
Organic Cheddar Cheese &  
Ketchup w/ Fresh Baked  
Seasoned Potato Wedges

Pizzeria Pizza

Chicken Patty Parm over  
Pasta  
**Double Hot**

Arepas w/ Shredded Pork &  
Local Radish & Apple Slaw  
w/ Rice & Beans

Pizzeria Pizza

BBQ Beef Rib Hero  
**Double Hot**



**Locally Grown Red  
Radishes**

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

For order edits or cancellations, please e-mail  
[burtson@glenrocknj.org](mailto:burtson@glenrocknj.org) 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](http://www.pomptonian.com).

Traditional Lunch - \$4.50 per meal

Double Hot Traditional Meal - \$5.50

Boar's Head & Featured Favorite Lunches - \$5.50 (Double Hot not available)

Village Fresh Lunch - \$5.50 (Double Hot not available)

 Organic Lunch - \$6.75 (Double Hot not available)

2-Slice Pizza Meal - \$5.50

**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

**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



**Locally Grown  
Winesap Apples**

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)