


Glen Rock HIGH & MIDDLE SCHOOL – June 2023



AVAILABLE DAILY

Monday		<i>Deli Central</i>	Assorted Grab & Go Sandwiches 
Tuesday		AMERICAN GRILLE	Pizzeria Pizza All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger on Bun Pasta w/ Meatballs & Marinara Sauce PIZZA ZONE
Wednesday			<i>Daily Dish</i>
Thursday 1	Ham & Cheese Crepes w/ Veggies & Dinner Roll	FRESH FARMISTAND	
Friday 2	Cheese Lasagna w/ Garlic Bread		



Allergy Aware menus are available for students w/ food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.


Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & a Choice of Milk. All Snacks are in compliance w/ the State's Guidelines. Your comments are important to us. Please e-mail us at comments@pomptonian.com. Menu Subject to Change. Product substitutions may occur due to supply chain disruptions as a result of COVID-19



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<p>Monday 5</p>	<p>Chicken Gyro</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p><i>Deli Central</i></p> <p>AMERICAN GRILLE</p> <p>FRESH FARMISTAND</p> </div> <div style="width: 40%; text-align: center;"> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza</p> <p>All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Pasta w/ Meatballs & Marinara Sauce</p> </div> <div style="width: 25%; text-align: right;"> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p> </div> </div>
<p>Tuesday 6</p>	<p>No School- Unused Emergency Day</p>	
<p>Wednesday 7</p>	<p>Sweet & Sour Chicken Bowl</p>	
<p>Thursday 8</p>	<p>Pasta w/ Meatballs & Garlic Bread</p>	
<p>Friday 9</p>	<p>Beef & 3 Bean Chili Nachos</p>	



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Monday 12	Organic Grilled Cheese w/ Organic Sweet Potato Wedges	<div style="display: flex; justify-content: space-between;"> <div style="text-align: left;">    </div> <div style="text-align: center;"> <p>Assorted Grab & Go Sandwiches</p>  <p>Pizzeria Pizza All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Pasta w/ Meatballs & Marinara Sauce</p> </div> <div style="text-align: right;">   </div> </div>
Tuesday 13	Beef Burrito	
Wednesday 14	BBQ Beef Rib Hero	
Thursday 15	Popcorn Chicken Bowl	
Friday 16	Mozzarella Cheese Stuffed Shells in Pink Sauce	



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<p>Monday 19</p>	<p>Organic Beef Burger w/ Cheddar Cheese</p>	<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>  <p>AMERICAN GRILLE</p> <p>Pizzeria Pizza All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger Sliders on Buns Pasta w/ Meatballs & Marinara Sauce</p> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p> <p>FRESH FARMISTAND</p>
<p>Tuesday 20</p>	<p>Appetizer Sampler: Boneless Wings, Breaded Mozzarella Sticks & Pizza Cruncher</p>	
<p>Wednesday 21</p>	<p>6 foot Sub Day</p>	
<p>Thursday 22</p>	<p>½ Day- No Lunch Served</p>	
<p>Friday 23</p>		



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**FOOD
ALLERGIES**

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