



DECEMBER 2018

GLEN ROCK

Elementary Schools



POMPTONIAN
FOOD SERVICE

MONDAYS

All-American: BOAR'S HEAD Roasted Turkey on a Whole Grain Wrap

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 Mango Yogurt Parfait w/ Granola

Fresh Farmer Garden Salad w/ Mozzarella Cheese & a Dinner Roll

THURSDAYS

BOAR'S HEAD Honey Turkey Pinwheels

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

Traditional Boar's Head Chef's Salad w/ a Dinner Roll

3	4	5	6	7
Tangerine Chicken over Brown Rice w/ a Fortune Cookie	Homemade Vegetable & Lentil Soup w/ Brown Rice	All-Natural Grass-Fed Mini Meatballs w/ Pasta & Garlic Bread	HSA Pizza Day in Central Organic Beef Burger on a Brioche Bun w/ Organic Cheddar Cheese & Ketchup w/ Fresh Baked Seasoned Potato Wedges	Mediterranean Box w/ Organic Hummus, Pita Bread, Hard-Boiled Egg, Cucumber & Baby Carrots
Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza Grilled BBQ Chicken on a Bun in Central	Eggplant Parmesan w/ Pasta
Chicken Nuggets w/ Italian Bread Double Hot	Homemade Macaroni & Cheese w/ Italian Bread Double Hot	Nachos Grande w/ Cheddar Cheese Sauce & Mexican Corn Double Hot	Pizzeria Pizza Grilled BBQ Chicken on a Bun in Central	Pizzeria Pizza
			Sabrett All-Beef Hot Dog on a Bun Double Hot	Meatball Sub Double Hot
				4th Grade Coleman Café
10	11	12	13	14
Fiesta Bowl: Mexican Rice w/ Seasoned Beef, Black Beans & Cheddar Cheese served w/ Tortilla Chips	HSA Pizza Day in Hamilton Homemade Tomato Soup & an All-White Meat Chicken Fillet Sandwich	HSA Pizza Day in Coleman & Byrd All-White Meat Chicken Tenders w/ Sweet Corn Niblets	Baked Organic Mac & Cheese: Organic Pasta, Organic Cheddar Cheese & Organic Milk	Organic Asian Chicken Stir-Fry w/ Organic Chicken & Vegetables served w/ Organic Rice
Pizzeria Pizza	Pizzeria Pizza Grilled BBQ Chicken on a Bun in Hamilton	Pizzeria Pizza Grilled BBQ Chicken on a Bun in Coleman & Byrd	Pizzeria Pizza	Pizzeria Pizza
Mozzarella Sticks w/ Marinara Sauce & Italian Bread Double Hot	Panther Cheeseburger on a Bun w/ Potato Wedges Double Hot	French Toast Sticks w/ Syrup, a Sausage Patty & Hash Brown Potatoes Double Hot	Popcorn Chicken w/ Italian Bread Double Hot	Beef Sliders on Mini Buns Double Hot
17	18	19	20	21
Cage-Free Chicken Tenders w/ Potato Wedges	Large Hearty All-Natural Chicken Soup w/ a Whole Grain Roll	HSA Pizza Day in Central & Byrd All-Natural Beef Burrito	Baked Organic Barbecue Chicken Wings served w/ Organic Baked Sweet Potato Fries	Early Dismissal – No Lunch Service
Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza Grilled BBQ Chicken on a Bun in Central & Byrd	Pizzeria Pizza	
Cheesesteak Hero w/ Crinkle Cut Fries Double Hot	Sabrett All-Beef Hot Dog on a Bun w/ Smiley Potatoes Double Hot	Baked Ziti w/ Garlic Bread Double Hot	Homemade Macaroni & Cheese w/ Italian Bread Double Hot	
24	25	26	27	28

WINTER BREAK




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

For order edits or cancellations, please e-mail
cafeteria@glenrocknj.org by 8:00 a.m.



Fruits & vegetables from
 The Farm Stand are
 included with lunch.

Traditional Lunch - \$3.50 per meal
 Double Hot Traditional Meal - \$4.50
 Boar's Head & Featured Favorite Lunches - \$4.50 (Double Hot not available)
 Village Fresh Lunch - \$4.75 (Double Hot not available)
 Organic Lunch - \$6.00 (Double Hot not available)
 2-Slice Pizza Meal - \$4.75

Upgrade your Milk Selection!

Add an Organic Milk or Organic Chocolate Milk to your order
 for \$2.00, found in the BEVERAGE OR SNACK menu



A Complete Meal Includes:

Entrée w/ Protein/Grain

A Trip to The Farm Stand

Low-Fat Chocolate Milk, Skim Milk, 1% Milk,
 or 4 oz. Pure Fruit Juice

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*

