



NOVEMBER 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

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.



Local Cauliflower

HSA Pizza Day in Central

Baked Organic Barbecue Chicken Wings served w/ Organic Baked Sweet Potato Fries

Pizzeria Pizza
Grilled BBQ Chicken on a Bun in Central

Homemade Macaroni & Cheese w/ Italian Bread
Double Hot

Organic Grilled Cheese Sandwich on Soft Wheat Bread w/ Organic Sweet Potato Wedges

Pizzeria Pizza

Meatball Sub
Double Hot

Asian Chicken Noodle Bowl: Grilled Chicken & Fresh Veggies over Lo Mein Noodles w/ Teriyaki Sauce & a Fortune Cookie

Election Day - No School

Diwali - No School

**NJEA Convention
No School**

Pizzeria Pizza

Popcorn Chicken w/ Italian Bread
Double Hot

All-White Meat Chicken Tenders w/ Sweet Corn Niblets

Pizzeria Pizza

Meatball Sub
Double Hot

HSA Pizza Day in Hamilton
Homemade All-Natural Chicken Soup w/ a Grilled Chicken Fillet Sandwich

Pizzeria Pizza
Grilled BBQ Chicken on a Bun in Hamilton

French Toast Sticks w/ Syrup, a Sausage Patty & Hash Brown Potatoes
Double Hot

HSA Pizza Day in Byrd & Coleman
Cheese Tortellini w/ Homemade Jersey Fresh Marinara Sauce

Pizzeria Pizza
Grilled BBQ Chicken on a Bun in Byrd & Coleman

Popcorn Chicken w/ Italian Bread
Double Hot

HSA Pizza Day in Central
Organic Pasta w/ Organic Meatballs & Tomato Sauce

Pizzeria Pizza
Grilled BBQ Chicken on a Bun in Central

Mozzarella Cheese Stuffed Shells w/ Italian Bread
Double Hot
 **Healthy Eating Sticker w/ Lunch**

Organic Spinach Enchilada

Pizzeria Pizza

Twin Soft Beef Tacos
Double Hot

All-White Meat Chicken Tenders w/ Fresh Roasted Vegetables

Pizzeria Pizza

Whole Grain Pancakes w/ a Sausage Patty
Double Hot

Minestrone Soup w/ a Whole Grain Roll
Potato & Cheese Pierogi


Pizzeria Pizza

Sabrett All-Beef Hot Dog on a Bun w/ Smiley Potatoes
Double Hot

EARLY DISMISSAL - NO LUNCH SERVICE



26	27	28	29	30
Whole Grain French Toast w/ Homemade Apple Crisp	Large Hearty All-Natural Chicken & Rice Soup w/ a Buttermilk Biscuit	HSA Pizza Day in Byrd & Coleman Panko-Crusted Chicken Tenders w/ Dipping Sauce & 3 Jeweled Brown Rice	 Organic Beef Nachos w/ Organic Cheddar Cheese & Tortilla Chips	 Organic Chicken & Cheese Quesadilla or Cheese Only Quesadilla served w/ Organic Salsa & Black Beans
Pizzeria Pizza	Pizzeria Pizza	Pizzeria Pizza Grilled BBQ Chicken on a Bun in Byrd & Coleman	Pizzeria Pizza	Eggplant Parmesan w/ Pasta
Beef Sliders on Mini Buns w/ Crinkle Cut Fries Double Hot	Taco Tuesday: Twin Soft Beef Tacos w/ Cheddar Cheese Double Hot	Baked Ziti Double Hot	Twin Chicken Sliders on Buns w/ Oven Potatoes Double Hot	Pizzeria Pizza
		Leaf Glitter Tattoo w/ Lunch 		Cheesesteak Hero w/ Crinkle Cut Fries Double Hot
				2nd Grade Husky Café

- 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

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



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