



JANUARY GLEN ROCK

2017 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

2	3	4	5	6
NO SCHOOL 	<p>Homemade All-Natural Chicken Soup w/ a Grilled Chicken Fillet Sandwich</p> <p>Pizzeria Pizza</p> <p>French Toast Sticks w/ Syrup, a Sausage Patty & Hash Brown Potatoes Double Hot</p>	<p>Byrd HSA Pizza Day Cheese Tortellini w/ Homemade Jersey Fresh Marinara Sauce</p> <p>Pizzeria Pizza BBQ Grilled Chicken on a Bun in Byrd</p> <p>Popcorn Chicken w/ Italian Bread Double Hot</p>	<p>CENTRAL HSA Pizza Day  Organic Pasta w/ Organic Tomato Sauce & Organic Meatballs</p> <p>Pizzeria Pizza BBQ Grilled Chicken on a Bun in Central</p> <p>Mozzarella Cheese Stuffed Shells w/ Italian Bread Double Hot</p> <p>FREE BAG OF ROLD GOLD PRETZELS W/ LUNCH</p>	<p>All-White Meat Chicken Fritters (Breaded Chicken Chunks) w/ Dipping Sauce & Glazed Organic Baby Carrots</p> <p>Eggplant Parmesan w/ Pasta</p> <p>Pizzeria Pizza</p> <p>Twin Soft Beef Tacos w/ Cheddar Cheese Double Hot</p> <p>3rd Grade Coleman Café</p>

9	10	11	12	13
<p>All-White Meat Chicken Tenders w/ Fresh Roasted Vegetables</p> <p>Pizzeria Pizza</p> <p>Twin Chicken Sliders on Buns w/ Oven Potatoes Double Hot</p>	<p>Hamilton HSA Pizza Day Minestrone Soup w/ a Whole Grain Roll</p> <p>Potato & Cheese Pierogies</p> <p>Pizzeria Pizza BBQ Grilled Chicken on a Bun in Hamilton</p> <p>Sabrett All-Beef Hot Dog on a Bun w/ Smiley Potatoes Double Hot</p>	<p>Coleman HSA Pizza Day All-Natural Grass-Fed Mini Meatballs w/ Pasta & Garlic Bread</p> <p>Pizzeria Pizza BBQ Grilled Chicken on a Bun in Coleman</p> <p>Chicken Nuggets w/ Italian Bread Double Hot</p>	<p> Organic Grilled Cheese Sandwich w/ Homemade Organic Chicken & Rice Soup</p> <p>Pizzeria Pizza</p> <p>Nachos Grande w/ Cheddar Cheese Sauce & Mexican Corn Double Hot</p>	<p>Asian Chicken Noodle Bowl: Grilled Chicken & Fresh Veggies over Lo Mein Noodles w/ Teriyaki Sauce & a Fortune Cookie</p> <p>Pizzeria Pizza</p> <p>Jersey Sliders: Mini Cheeseburgers w/ American Cheese & French Fries Double Hot</p>

16	17	18	19	20
<p>NO SCHOOL  </p>	<p>Large Hearty All-Natural Chicken & Rice Soup w/ a Buttermilk Biscuit</p> <p>Pizzeria Pizza</p> <p>Taco Tuesday: Twin Soft Beef Tacos w/ Cheddar Cheese Double Hot</p>	<p>Byrd HSA Pizza Day Panko-Crusted Chicken Tenders w/ Dipping Sauce & 3 Jeweled Brown Rice</p> <p>Pizzeria Pizza BBQ Grilled Chicken on a Bun in Byrd</p> <p>Baked Ziti Double Hot</p>	<p>Central HSA Pizza Day  Organic Beef Nachos w/ Organic Cheddar Cheese & Tortilla Chips</p> <p>Pizzeria Pizza BBQ Grilled Chicken on a Bun in Central</p> <p>Beef Sliders on Mini Buns w/ Crinkle Cut Fries Double Hot</p>	<p>All-White Meat Chicken Fritters (Breaded Chicken Chunks) w/ Dipping Sauce & Glazed Organic Baby Carrots</p> <p>Eggplant Parmesan w/ Pasta</p> <p>Pizzeria Pizza</p> <p>Cheesesteak Hero w/ Crinkle Cut Fries Double Hot</p>

23
Tangerine Chicken over
Brown Rice w/
a Fortune Cookie

Pizzeria Pizza

Chicken Nuggets w/
Italian Bread
Double Hot

24
Hamilton HSA Pizza Day
Homemade Vegetable &
Lentil Soup w/ Brown Rice

Pizzeria Pizza
**BBQ Grilled Chicken on a
Bun in Hamilton**

Homemade Macaroni
& Cheese w/ Italian Bread
Double Hot

25
Coleman HSA Pizza Day
All-White Meat Chicken
Tenders w/ Sweet Corn
Niblets

Pizzeria Pizza
**BBQ Grilled Chicken on a
Bun in Coleman**

Nachos Grande w/ Cheddar
Cheese Sauce & Mexican
Corn
Double Hot

26
 Organic Smoothie
Lunch w/ Organic Cookies,
Carrots & Apple

Pizzeria Pizza

All-Beef Hot Dog on a Bun
Double Hot

27
All-Natural Grass-Fed Mini
Meatballs w/ Pasta &
Garlic Bread

Eggplant Parmesan
w/ Pasta

Pizzeria Pizza

Meatball Sub
Double Hot

3rd Grade Husky Café

30
Fiesta Bowl: Mexican Rice
w/ Seasoned Beef, Black
Beans & Cheddar Cheese
served w/ Tortilla Chips

Pizzeria Pizza

Mozzarella Sticks w/
Marinara Sauce & Italian
Bread
Double Hot

31
Homemade Tomato Soup
& an All-White Meat
Chicken Fillet Sandwich

Pizzeria Pizza


Panther Cheeseburger on
a Bun w/ Potato Wedges
Double Hot

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



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



Traditional Lunch - \$3.35 per meal
Double Hot Traditional Meal - \$4.25
Boar's Head & Featured Favorite Lunches - \$4.25 (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 - \$4.60

All-Natural products contain no antibiotics, preservatives, hormones,
or nitrates; are vegetarian fed and sustainably farmed

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

Selections on The Farm Stand are included
with lunch. Choose servings of fruit/vegetable
from a variety of options daily.

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