







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Selections on The Farm Stand are included with lunch. Choose servings of fruit/vegetable from a variety of options daily.		
1	2	3	4	
 	<b>1</b> <b>Birthday of Basketball</b> Taco Tuesday - Twin Soft Beef Tacos w/ Cheddar Cheese <b>Double Hot</b> Pizzeria Pizza Large Hearty All-Natural Chicken Soup w/ a Dinner Roll	<b>2</b> <b>Coleman &amp; Byrd HSA Pizza Day</b> Baked Ziti <b>Double Hot</b> Pizzeria Pizza <b>BBQ Grilled Chicken on a Bun in Coleman &amp; Byrd</b> Panko-Crusted Chicken Tenders w/ Dipping Sauce & 3 Jeweled Brown Rice	<b>3</b> <b>Central HSA Pizza Day</b> All-Beef Hot Dog on a Bun <b>Double Hot</b> Pizzeria Pizza <b>BBQ Grilled Chicken on a Bun in Central</b> Cheese Tortellini w/ Homemade Alfredo Sauce	<b>4</b> Cheesesteak Hero w/ Crinkle Cut Fries <b>Double Hot</b> Pizzeria Pizza All-White Meat Chicken Fritters (Breaded Chicken Chunks) w/ Dipping Sauce & Glazed Organic Baby Carrots Eggplant Parmesan w/ Pasta
7	8	9	10	11
Chicken Nuggets w/ Italian Bread <b>Double Hot</b> Pizzeria Pizza Tangerine Chicken over Brown Rice w/ a Fortune Cookie	<b>8</b> <b>Hamilton HSA Pizza Day</b> Homemade Macaroni & Cheese w/ Italian Bread <b>Double Hot</b> Pizzeria Pizza <b>BBQ Grilled Chicken on a Bun in Hamilton</b> Homemade Tomato Soup w/ a Turkey & Cheese Sandwich	<b>9</b> Nachos Grande w/ Cheddar Cheese Sauce & Mexican Corn <b>Double Hot</b> Pizzeria Pizza All-White Meat Chicken Tenders w/ Sweet Corn Niblets	<b>10</b> Beef Sliders on Mini Buns w/ Crinkle Cut Fries <b>Double Hot</b> Pizzeria Pizza Whole Grain French Toast w/ Homemade Apple Crisp	<b>11</b> Meatball Sub <b>Double Hot</b> Pizzeria Pizza All-Natural Mini Meatballs w/ Pasta & Garlic Bread Eggplant Parmesan w/ Pasta <b>4<sup>th</sup> Grade Coleman Café</b>
14	15	16	17	18
Mozzarella Sticks w/ Marinara Sauce & Italian Bread <b>Double Hot</b> Pizzeria Pizza Fiesta Bowl - Mexican Rice w/ Seasoned Beef, topped w/ Cheddar Cheese & Tortilla Chips	<b>15</b> Popcorn Chicken w/ Italian Bread <b>Double Hot</b> Pizzeria Pizza Homemade Tomato Soup & an All-White Meat Chicken Fillet Sandwich	<b>16</b> <b>Coleman &amp; Byrd HSA Pizza Day</b> BBQ Rib Hero <b>Double Hot</b> Pizzeria Pizza <b>BBQ Grilled Chicken on a Bun in Coleman &amp; Byrd</b> All-White Meat Chicken Tenders w/ Sweet Corn Niblets	<b>17</b> <b>Central HSA Pizza Day</b> Panther Cheeseburger on a Bun w/ Potato Wedges <b>Double Hot</b> Pizzeria Pizza <b>BBQ Chicken on a Bun in Central</b> Cheese Tortellini w/ Homemade Alfredo Sauce	<b>18</b> Quesadilla Pizza <b>Double Hot</b> Pizzeria Pizza Asian Chicken Noodle Bowl - Grilled Chicken & Fresh Veggies over Lo Mein Noodles w/ Teriyaki Sauce & a Fortune Cookie <b>Free Whole Grain Gingerbread Boy Cookie w/ Lunch</b>

21	22	23	24	25
Cheesesteak Hero w/ Crinkle Cut Fries <b>Double Hot</b>  Pizzeria Pizza  All-White Meat Chicken Tenders w/ Sweet Corn Niblets  <b>First Day of Winter</b>	<b>Hamilton HSA Pizza Day</b> Sabrett All-Beef Hot Dog on a Bun w/ Smiley Potatoes <b>Double Hot</b>  Pizzeria Pizza <b>BBQ Grilled Chicken on a Bun in Hamilton</b>  Large Hearty All- Natural Chicken Soup w/ a Whole Grain Roll	<b>ONE SESSION DAY - NO LUNCH SERVICE</b>		
28	29	30	31	
				

<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>	<b>FRIDAYS</b>
BOAR'S HEAD Turkey & Cheese Sub  Fruit & Cheese Platter w/ Honey- Wheat Pretzel Sticks  Chicken Caesar Salad w/ a Dinner Roll	BOAR'S HEAD Roast Beef Sub  Yogurt Lunch w/ a Low-Fat Cheese Stick & Fruit  Asian Soba Noodle Salad w/ a Fortune Cookie	BOAR'S HEAD Ham & Cheese Sub  Peach Mango Yogurt Parfait w/ Granola  Garden Fresh Salad w/ Mozzarella Cheese & a Dinner Roll	BOAR'S HEAD Turkey Sub  Bagel Lunch - Bagel w/ Cream Cheese, Fruit & Vegetable  Chicken Chopped Salad w/ Ranch Dressing & a Dinner Roll	BOAR'S HEAD Italian Sub  Cereal Lunch w/ a Low- Fat Cheese Stick, Yogurt & Fruit  Traditional Chef's Salad w/ a Dinner Roll

**Milk is included with each lunch.**

- Traditional Lunch - \$ 3.25 per meal
- Double Hot Traditional Meal - \$4.00
- Boar's Head & Featured Favorite Lunches - \$4.25 (Double Hot not available)
- Village Fresh Lunch - \$4.75 (Double Hot not available)
- 2-Slice Pizza Meal - \$4.50

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

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

Any questions, call Food Service Director  
at 201 445-7700 ext. 8965

Menu Subject to Change

Milk Selections include: Low Fat 1% Milk, Skim,  
or Low-Fat Chocolate Milk

**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)*

