

DECEMBER 2016

GLEN ROCK Elementary Schools

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---------------------------------------|---|---|---|
| Selections on The Farm Stand with lunch. Choose servings of 1 from a variety of options | | | | t/vegetable |
| Add an Organ | Upgrade your Milk Sel | colate Milk to your | Central HSA Pizza Day All-Beef Hot Dog on a Bun Double Hot Pizzeria Pizza BBQ Grilled Chicken on a Bun in Central Cheese Tortellini w/ Homemade Alfredo Sauce | Cheesesteak Hero w/ Crinkle Cut Fries Double Hot Pizzeria Pizza All-White Meat Chicken Fritters (Breaded Chicken Chunks) w/ Dipping Sauce & Glazed Organic Baby Carrots |
| order for \$2.0 | O, found in the BEVERA | AGE OR SNACK menu | Sauce | Eggplant Parmesan w/ Pasta 4 th Grade Coleman Cafe |
| 5 | 6 | 7 | 8 | 9 |
| Chicken Nuggets w/ Italian Bread | Hamilton HSA Pizza Day | Byrd & Coleman HSA Pizza Day | Beef Sliders on Mini Buns w/ Crinkle Cut | Meatball Sub Double Hot |
| Double Hot | Homemade Macaroni | Nachos Grande w/ | Fries | 0000.0 1.01 |
| | & Cheese w/ Italian | Cheddar Cheese Sauce | Double Hot | Pizzeria Pizza |
| Pizzeria Pizza | Bread | & Mexican Corn | | |
| | Double Hot | Double Hot | Pizzeria Pizza | All-Natural Grass-Fed |
| Tangerine Chicken over Brown Rice w/ | Dii- Di | D:: D: | Miles Is Costo Formula | Mini Meatballs w/ Pasta |
| a Fortune Cookie | Pizzeria Pizza BBQ Grilled Chicken | Pizzeria Pizza BBQ Grilled Chicken on | Whole Grain French Toast w/ Homemade | & Garlic Bread |
| a i di tune courie | on a Bun in Hamilton | a Bun in Byrd & Coleman | Apple Crisp | Eggplant Parmesan w/ Pasta |
| | Homemade Tomato Soup w/ a Turkey & | All-White Meat Chicken Tenders w/ Sweet Corn | | |
| | Cheese Sandwich | Niblets | | |
| 12 | 13 | 14 | 15 | 16 |
| Mozzarella Sticks w/ | Panther Cheeseburger | BBQ Rib Hero | Central HSA Pizza Day | Quesadilla Pizza |
| Marinara Sauce & Italian Bread | on a Bun w/ Potato Wedges | Double Hot | Popcorn Chicken w/ Italian Bread | Double Hot |
| Double Hot | Double Hot | Pizzeria Pizza | Double Hot | Pizzeria Pizza |
| Pizzeria Pizza | Pizzeria Pizza | All-White Meat Chicken Tenders w/ Sweet Corn | Pizzeria Pizza BBQ Grilled Chicken on | Asian Chicken Noodle Bowl - Grilled Chicken & |
| Fiesta Bowl - Mexican | Homemade Tomato | Niblets | a Bun in Central | Fresh Veggies over Lo |
| Rice w/ Seasoned | Soup & an All-White | | | Mein Noodles w/ |
| Beef, topped w/ | Meat Chicken Fillet | FREE "MICKEY MOUSE | Cheese Tortellini w/ | Teriyaki Sauce & a |
| Cheddar Cheese & Tortilla Chips | Sandwich | CLUBHOUSE STICKER" WITH EVERY LUNCH | Homemade Jersey Fresh Marinara Sauce | Fortune Cookie |

19 22 23 20 First Day of 21 Winter Cheesesteak Hero w/ Hamilton HSA Pizza Homemade Macaroni & **EARLY** Crinkle Cut Fries Day Byrd & Coleman HSA Cheese w/ Italian Bread DISMISSAL Double Hot Sabrett All-Beef Hot Pizza Day Double Hot Dog on a Bun w/ Smiley Baked Ziti w/ Garlic NO LUNCH Potatoes Pizzeria Pizza Bread Pizzeria Pizza SERVICE Double Hot Double Hot All-White Meat Tangerine Chicken Chicken Tenders w/ Pizzeria Pizza Pizzeria Pizza over Brown Rice w/ Sweet Corn Niblets BBQ Grilled Chicken BBQ Grilled Chicken on a Fortune Cookie on a Bun in Hamilton a Bun in Byrd & Coleman Large Hearty All-Natural Chicken Soup Panko-Crusted Chicken w/ a Whole Grain Roll Tenders w/ Dipping Sauce & 3 Jeweled **Brown Rice** 29 30 27 28 WINTER BRE WINTER RECESS NO SCHOOL! MONDAYS **TUESDAYS** WEDNESDAYS THURSDAYS **FRIDAYS** BOAR'S HEAD Turkey BOAR'S HEAD Roast Wild West: BOAR'S HEAD BOAR'S HEAD Turkey BOAR'S HEAD Italian & Cheese Sub Beef Sub Ham w/ American Cheese Sub Sub on a Whole Grain Wrap Paris Café: Assorted Cereal Lunch w/ Grab 'n Go Yogurt Box: Bagel Lunch: White or Yogurt w/ String Cheeses w/ Sweet Whole Grain Bagel w/ a Low-Fat Cheese Peach Mango Yogurt Cheese, Honey-Wheat Parfait w/ Granola Cream Cheese, Fruit & Stick, Yogurt Grapes & Baquette Slice or Mini Croissant Pretzels & Fruit Vegetable & Fruit Grilled Chicken Asian Soba Noodle Fresh Farmer Garden Chicken Chopped Salad Traditional Boar's Head Caesar Salad w/ a Salad w/ Mozzarella w/ Ranch Dressing & a Chef's Salad w/ a Salad w/ a Fortune

Cheese & a Dinner Roll

Milk is included with each lunch.

Dinner Roll

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) 2-Slice Pizza Meal - \$4.60

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

Cookie

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

Dinner Roll

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



Dinner Roll