





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>VEGETABLE OF THE MONTH</b> <b>Carrots</b></p>	 <p><b>THE FARM STAND</b></p> <p>Selections on The Farm Stand are included with lunch. Choose servings of fruit/vegetable from a variety of options daily.</p>		 <p><b>FRUIT OF THE MONTH</b> <b>Grapefruit</b></p>	 <p><b>NEW YEAR'S DAY</b></p>
<p>4</p> <p>Meatball Sub <b>Double Hot</b></p> <p>Pizzeria Pizza</p> <p>All-White Meat Chicken Tenders w/ Sweet Corn Niblets</p>	<p>5</p> <p>Hamilton HSA Pizza Day</p> <p>French Toast Sticks w/ Syrup, a Sausage Patty &amp; Hash Brown Potatoes <b>Double Hot</b></p> <p>Pizzeria Pizza <b>Grilled BBQ Chicken on a Bun in Hamilton</b></p> <p>Tangerine Chicken over Jeweled Rice w/ a Fortune Cookie</p>	<p>6</p> <p>Byrd &amp; Coleman HSA Pizza Day</p> <p>Mozzarella Cheese Stuffed Shells w/ Italian Bread <b>Double Hot</b></p> <p>Pizzeria Pizza <b>Grilled BBQ Chicken on a Bun in Byrd &amp; Coleman</b></p> <p>Homemade All-Natural Chicken Soup w/ a Grilled Chicken Fillet Sandwich</p>	<p>7</p> <p>Central HSA Pizza Day</p> <p>French Bread Pizza <b>Double Hot</b></p> <p>Pizzeria Pizza <b>Grilled BBQ Chicken on a Bun in Central</b></p> <p>Cheese Tortellini w/ Homemade Alfredo Sauce</p>	<p>8</p> <p>Popcorn Chicken w/ Italian Bread <b>Double Hot</b></p> <p>Pizzeria Pizza</p> <p>All-White Meat Chicken Fritters (Breaded Chicken Chunks) w/ Dipping Sauce &amp; Glazed Organic Baby Carrots</p> <p>Eggplant Parmesan w/ Pasta</p>
<p>11</p> <p>Twin Chicken Sliders on Buns w/ Potatoes <b>Double Hot</b></p> <p>Pizzeria Pizza</p> <p>Whole Grain French Toast w/ Homemade Apple Crisp</p>	<p>12</p> <p>Sabrett All-Beef Hot Dog on a Bun w/ Smiley Potatoes <b>Double Hot</b></p> <p>Pizzeria Pizza</p> <p>Homemade Tomato Soup &amp; Turkey &amp; Cheese Sandwich</p> <p>Potato &amp; Cheese Pierogies</p>	<p>13</p> <p>Chicken Nuggets w/ Italian Bread <b>Double Hot</b></p> <p>Pizzeria Pizza</p> <p>All-Natural Mini Meatballs w/ Pasta &amp; Garlic Bread</p>	<p>14</p> <p>Nachos Grande w/ Cheddar Cheese Sauce &amp; Mexican Corn <b>Double Hot</b></p> <p>Pizzeria Pizza</p> <p>All-White Meat Chicken Tenders w/ Sweet Corn Niblets</p>	<p>15</p> <p>Jersey Sliders - Mini Cheeseburgers w/ American Cheese &amp; French Fries <b>Double Hot</b></p> <p>Pizzeria Pizza</p> <p>Asian Chicken Noodle Bowl - Grilled Chicken &amp; Fresh Veggies over Lo Mein Noodles w/ Teriyaki Sauce &amp; a Fortune Cookie</p>
<p>18</p>  <p><b>MLK Day</b></p>	<p>19</p> <p>Hamilton HSA Pizza Day</p> <p>Taco Tuesday - Twin Soft Beef Tacos w/ Cheddar Cheese <b>Double Hot</b></p> <p>Pizzeria Pizza <b>Grilled BBQ Chicken on a Bun in Hamilton</b></p> <p>Large Hearty All-Natural Chicken Soup w/ a Dinner Roll</p>	<p>20</p> <p>Byrd &amp; Coleman HSA Pizza Day</p> <p>Baked Ziti <b>Double Hot</b></p> <p>Pizzeria Pizza <b>Grilled BBQ Chicken on a Bun in Byrd &amp; Coleman</b></p> <p>Panko-Crusted Chicken Tenders w/ Dipping Sauce &amp; 3 Jeweled Brown Rice <b>Free Bag of Potato Chips with Every Lunch</b></p>	<p>21</p> <p>Central HSA Pizza Day</p> <p>All-Beef Hot Dog on a Bun <b>Double Hot</b></p> <p>Pizzeria Pizza <b>Grilled BBQ Chicken on a Bun in Central</b></p> <p>Cheese Tortellini w/ Homemade Alfredo Sauce</p>	<p>22</p> <p>Cheesesteak Hero w/ Crinkle Cut Fries <b>Double Hot</b></p> <p>Pizzeria Pizza</p> <p>All-White Meat Chicken Fritters (Breaded Chicken Chunks) w/ Dipping Sauce &amp; Glazed Organic Baby Carrots</p> <p>Eggplant Parmesan w/ Pasta</p>

25	26	27	28	National Puzzle Day 29
Chicken Nuggets w/ Italian Bread <b>Double Hot</b>  Pizzeria Pizza  Tangerine Chicken over Brown Rice w/ a Fortune Cookie  1ST WINTER OLYMPICS 1924 IN FRANCE 	Homemade Macaroni & Cheese w/ Italian Bread <b>Double Hot</b>  Pizzeria Pizza  Homemade Tomato Soup w/ a Turkey & Cheese Sandwich	Nachos Grande w/ Cheddar Cheese Sauce & Mexican Corn <b>Double Hot</b>  Pizzeria Pizza  All-White Meat Chicken Tenders w/ Sweet Corn Niblets	Beef Sliders on Mini Buns w/ Crinkle Cut Fries <b>Double Hot</b>  Pizzeria Pizza  Whole Grain French Toast w/ Homemade Apple Crisp	Meatball Sub <b>Double Hot</b>   Pizzeria Pizza  All-Natural Mini Meatballs w/ Pasta & Garlic Bread  Eggplant Parmesan w/ Pasta

<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  Strawberry 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)*