

## NOVEMBER 2015

## GLEN ROCK Elementary Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HE FARM STAND	with lunch.	on The Farm Stand are Choose servings of frui a variety of options do	t/vegetable
Cheesesteak Hero w/ Crinkle Cut Fries Double Hot Pizzeria Pizza All-White Meat Chicken Tenders w/ Sweet Corn Niblets	Election Day 3 Sabrett All-Beef Hot Dog on a Bun w/ Smiley Potatoes Double Hot Pizzeria Pizza  Large Hearty All- Natural Chicken Soup w/ a Whole Grain Roll	Coleman HSA Pizza Day Baked Ziti w/ Garlic Bread Double Hot  Pizzeria Pizza BBQ Grilled Chicken on a Bun at Coleman  Panko-Crusted Chicken Tenders w/ Dipping Sauce & 3 Jeweled		onvention
9 Popcorn Chicken w/ Italian Bread Double Hot  Pizzeria Pizza  Potato & Cheese Pierogies w/ Sautéed Onions	10 Hamilton HSA Pizza Day Chicken Patty Parm. on a Kaiser Roll Double Hot Pizzeria Pizza BBQ Grilled Chicken on a Bun at Hamilton Homemade Tomato Soup & a Grilled Cheese Sandwich	Prown Rice  11  Veterans' Day  NO SCHOOL	Central HSA Pizza Day Teriyaki Chicken w/ Asian Vegetables over Brown Rice Double Hot  Pizzeria Pizza BBQ Grilled Chicken on a Bun at Central  All-White Meat Chicken Tenders w/ Sweet Corn Niblets	Mozzarella Sticks w/ Marinara Sauce & Italian Bread Double Hot  Pizzeria Pizza  Fiesta Bowl - Mexican Rice w/ Seasoned Beef, topped w/ Cheddar Cheese & Tortilla Chips
Meatball Sub Double Hot  Pizzeria Pizza  All-White Meat Chicken Tenders w/ Sweet Corn Niblets	17 French Toast Sticks w/ Syrup, a Sausage Patty & Hash Brown Potatoes Double Hot  Pizzeria Pizza  Tangerine Chicken over Jeweled Rice w/ a Fortune Cookie	Mickey Mouse's Birthday Byrd & Coleman HSA Pizza Day Popcorn Chicken w/ Italian Bread Double Hot  Pizzeria Pizza BBQ Grilled Chicken on a Bun at Byrd & Coleman  Homemade All-Natural Chicken Soup w/ a Grilled Chicken Fillet Sandwich	Central HSA Pizza Day Mozzarella Cheese Stuffed Shells w/ Italian Bread Double Hot  Pizzeria Pizza BBQ Grilled Chicken on a Bun at Central  Cheese Tortellini w/ Homemade Alfredo Sauce	French Bread Pizza  Double Hot  Pizzeria Pizza  All-White Meat Chicken Fritters (Breaded Chicken Chunks) w/ Dipping Sauce & Glazed Organic Baby Carrots  Eggplant Parmesan w/ Pasta 2 <sup>nd</sup> Grade Husky Café  Free Bag of Rold Gold Pretzels with Every Lunch

Twin Chicken Sliders on Buns w/ Potatoes Double Hot  Pizzeria Pizza  Whole Grain French Toast w/ Homemade Apple Crisp	24 Hamilton HSA Pizza Day Sabrett All-Beef Hot Dog on a Bun w/ Smiley Potatoes Double Hot  Pizzeria Pizza BBQ Grilled Chicken on a Bun at Hamilton  Homemade Tomato Soup w/ a Turkey & Cheese Sandwich  Potato & Cheese Pierogies	EARLY DISMISSAL - NO LUNCH SERVICE	Happy Thanksgiving	27
Turkey Burger on a Whole Grain Roll w/ Potato Tots Double Hot  Pizzeria Pizza  All-White Meat Chicken Tenders w/ Fresh Roasted Vegetables	VECETABLE OF THE MONTH Sweet Potato	FRUIT OF THE MONTH Pomegranate		
MONDAYS BOAR'S HEAD Turkey & Cheese Sub	TUESDAYS BOAR'S HEAD Roast Beef Sub	WEDNESDAYS BOAR'S HEAD Ham & Cheese Sub	THURSDAYS BOAR'S HEAD Turkey Sub	FRIDAYS BOAR'S HEAD Italian Sub
Fruit & Cheese Platter w/ Honey- Wheat Pretzel Sticks	Yogurt Lunch w/ a Low-Fat Cheese Stick & Fruit	Strawberry Yogurt Parfait w/ Granola	Bagel Lunch - Bagel w/ Cream Cheese, Fruit & Vegetable	Cereal Lunch w/ a Low- Fat Cheese Stick, Yogurt & Fruit
Chicken Caesar Salad w/ a Dinner Roll	Asian Soba Noodle Salad w/ a Fortune Cookie	Garden Fresh Salad w/ Mozzarella Cheese & a Dinner Roll	Chicken Chopped Salad w/ Ranch Dressing & a Dinner Roll	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 <a href="http://glenrock.pomptonianmenus.com/order">http://glenrock.pomptonianmenus.com/order</a> 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