



OCTOBER DISTRICT

Elementary Schools



2 Weekly Veg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sabrett Hot Dog w/ Baked Beans
<p>Weekly Alternate: Mozzarella Sticks</p>				
4 Homemade Macaroni & Cheese w/ Italian Bread	5 Baked Ziti w Italian Bread	6 Jersey Sliders: Mini Beef Sliders with Cheese	7 Chicken Teriyaki w/ Asian Vegetables & Brown Rice	8 French Toast w/ Apple Crisp
<p>Weekly Alternate: Pasta & Meatballs</p>			<p>National School Lunch Week</p>	
11 COLUMBUS DAY Meatball Sub	12 All Natural Chicken Noodle Soup w/ Whole Grain Roll	13 French Toast Sticks w/ Sausage Patty & Hash brown	14 Early Dismissal-No Lunch	15 Homemade Minestrone Soup w/ Whole Grain Roll
<p>Weekly Alternate: Chicken Tenders w/ Corn</p>				
18 Chicken Patty Parmesan Sandwich	19 Mozzarella Cheese Stuffed Shells	20 Pasta w/ Meatballs & a Split Top Dinner Roll	21 Tangerine Chicken w/ Brown Rice	22 Organic Chicken & Cheese or Cheese Quesadilla
<p>Weekly Alternate: Eggplant Parmesan w/ Pasta</p>				
25 Grilled BBQ Chicken Breast on Bun	26 Cheese Steak Hero	27 Mini Pancakes w/ Protein	28 CELEBRATE HALLOWEEN! Mummy Hot Dog w/ Ghostly Mashed Potatoes or Boo Burger w/ Monster Cheese Halloween Pretzel	29 Tomato Soup w/ Chicken Sandwich
<p>Weekly Alternate: Sabrett Hotdog on Bun</p>				

Also Available Daily:

Cereal Bag Lunch
Italian Hero
Pizzeria Pizza



Locally Grown
Grapes



Locally Grown
Peas

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

For order edits or cancellations, please e-mail burtions@glenrocknj.org by 8:00 a.m.

Everything on this menu is Baked not Fried

At least 50% of All Grains served w/ your meal are Whole Grain Rich

A Complete Lunch Includes:

Entrée (with Protein/Grain)
Trip to The Farm Stand
(students must select at least a serving
of fruit or vegetable)
Hormone-Free Milk
Menu Subject to Change
Your comments are important to us. Please e-
mail
us at comments@pomptonian.com

"This institution is an equal
opportunity provider."

