

# WEEHAWKEN HIGH SCHOOL – OCTOBER 2018



Daily Dish



AVAILABLE DAILY

<b>Monday 1</b>	Lemon Chicken with Broccoli & Rice	Cheeseburger on a Bun with Oven Fries	Pittsburgh Sandwich – Chicken, Provolone Cheese, Coleslaw & Tomato on a Roll <b>NJ</b>	Cobb Salad – Turkey, Bacon, Cheese, Egg & Tomato over Greens <b>NJ</b>	<p><b>Deli Central</b></p> <p>Assorted Grab &amp; Go Sandwiches</p> <p>Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich</p> <p><b>AMERICAN GRILLE</b></p> <p><b>FRESH FARMSTAND</b></p> <p>Assorted Garden Salads <b>Assorted salads are offered with a Roll</b></p> <p>Assorted Baked Chips 100-Calorie Snacks Cookies</p> <p>Poland Spring Water Gatorade G2 Diet Snapple Diet Soda</p> <p><b>SNACK SHACK</b></p> <p><i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i></p> <p><i>All Bacon used is Turkey Bacon</i></p>
<b>Tuesday 2</b>	Chicken Griller on a Roll	Crispy Battered Fish & Chips (Sweet Potato Fries) with Lemon, Tartar Sauce & a Roll	Pesto Chicken Salad Wrap <b>NJ</b>	Asian Salad – Chicken, Oranges & Peppers over Greens with Asian Dressing <b>NJ</b>	
<b>Wednesday 3</b>	Wild Wing Wednesday – Assorted Chicken Wings & Sauces with a Roll	Stuffed Cheese Sticks with Marinara Sauce	Grilled Chicken Caesar Wrap <b>NJ</b>	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens <b>NJ</b>	
<b>Thursday 4</b>	Chicken Bowl – Mashed Potatoes topped with Corn, Crispy Chicken, Gravy & Cheese with a Roll	All-Beef Hot Dog on a Bun with Baked Beans	Cobb Club – Turkey, Bacon, Tomato & Cheese on a Roll <b>NJ</b>	Roast Beef Salad with Cheddar Cheese, Tomato & Red Onion over Romaine Lettuce with Balsamic Vinaigrette <b>NJ</b>	
<b>Friday 5</b>	Big Daddy's Pizza – Plain, Pepperoni or Special	"Firecracker" Spicy Chicken Wrap with Jack Cheese, Lettuce, Tomato & Ranch Dressing <b>NJ</b>	Roast Beef with Cheddar Cheese in a Wrap	Tuna Salad & Assorted Vegetables over Greens <b>NJ</b>	

A complete meal includes: Entrée with Protein/Grain, a Trip to The Farm Stand, & a Choice of Milk.  
 Selections on The Farm Stand are included with lunch. Choose servings of fruit & vegetables from a variety of options daily.  
 Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com). Menu Subject to Change



Look for the **NJ** logo which shows items on the menu featuring locally grown items.



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





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## AVAILABLE DAILY

<b>Monday</b> 8	<b>COLUMBUS DAY – NO SCHOOL</b>				 Assorted Grab & Go Sandwiches   Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich   Assorted Garden Salads <b>Assorted salads are offered with a Roll</b>  Assorted Baked Chips 100-Calorie Snacks Cookies   Poland Spring Water Gatorade G2 Diet Snapple Diet Soda  <i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i>  All Bacon used is Turkey Bacon
<b>Tuesday</b> 9	Sampler - 3 Mozzarella Sticks & 3 Chicken Nuggets	"Jersey Shore" Cheesesteak Hero with Onions & Peppers	Chicken Patty with Melted Cheddar Cheese & Barbecue Sauce on a Kaiser Roll	Waldorf Chicken Salad – Apples, Chicken & Cheese over Greens with Raspberry Vinaigrette <b>NJ</b>	
<b>Wednesday</b> 10	Pasta & Meatballs with Garlic Bread	Crispy Chicken with Provolone Cheese on a Sub Roll	Chicken Twister – Chicken Wrap with Cheese, Lettuce & Ranch Dressing <b>NJ</b>	BLT Salad – Bacon, Lettuce & Tomato with Cheese over Greens <b>NJ</b>	
<b>Thursday</b> 11	Cuban Sandwich with Ham, Swiss Cheese & Mustard	Popcorn Chicken with Ranch Dipping Sauce & a Roll	Chicken Club Sandwich with Provolone Cheese, Bacon, Tomato & Garlic Mayonnaise <b>NJ</b>	Homemade Chicken Salad over Mixed Greens <b>NJ</b>	
<b>Friday</b> 12	Big Daddy's Pizza – Plain, Pepperoni or Special	Chicken Capri Sandwich with Marinated Chicken, Roasted Peppers & Balsamic Dressing	Italian Sub – Ham, Salami & Provolone Cheese with Lettuce, Tomato, Oil & Vinegar on a Sub Roll <b>NJ</b>	Chef's Salad –Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens <b>NJ</b>	

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<b>Monday 15</b>	Ricotta & Mozzarella Cheese Stuffed Shells with Tomato Basil Sauce & a Dinner Roll	Cuca's Steak Hero – Sofrito Seasoned Steak with Cheese & Potatoes <b>NJ</b>	Cool Ranch Chicken Twister – Chicken with Cheese, Lettuce & Ranch Dressing in a Wrap <b>NJ</b>	Spinach Salad with Sliced Egg, Onions, Bacon & Cheese <b>NJ</b>	 Assorted Grab & Go Sandwiches   Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich   Assorted Garden Salads <b>Assorted salads are offered with a Roll</b>  Assorted Baked Chips 100-Calorie Snacks Cookies   Poland Spring Water Gatorade G2 Diet Snapple Diet Soda  <i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i> All Bacon used is Turkey Bacon
<b>Tuesday 16</b>	Nachos Grande with Turkey Taco Meat, Rice & Scoops Chips <b>NJ</b>	Homemade Baked Ziti with Garlic Bread	Pittsburgh Sandwich – Chicken, Provolone Cheese, Coleslaw & Tomato on a Roll <b>NJ</b>	Honey Mustard Salad – Chicken, Peppers, Cucumbers & Carrots over Greens <b>NJ</b>	
<b>Wednesday 17</b>	Jersey Sliders – Mini Cheeseburgers on Soft Buns with Caramelized Onions & American Cheese	Crispy Chicken Sandwich on a Kaiser Roll	Grilled Chicken Caesar Wrap <b>NJ</b>	Cobb Salad – Turkey, Bacon, Cheese, Egg & Tomato over Greens <b>NJ</b>	
<b>Thursday 18</b>	Baked Macaroni & Cheese with a Dinner Roll	Beef & Cheese Burrito	Chicken Salad Wrap with Lettuce & Tomato <b>NJ</b>	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens <b>NJ</b>	
<b>Friday 19</b>	Big Daddy's Pizza – Plain, Pepperoni or Special	Buffalo Chicken Twister Wrap	Roasted Turkey with Swiss Cheese on a Wrap	Bruschetta Salad – Onions & Cheese over Greens with Balsamic Vinaigrette <b>NJ</b>	

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Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

<b>Monday 22</b>	Pasta & Meatballs with Garlic Bread	Popcorn Chicken with Dip & a Roll	The French Bistro – Turkey, Swiss Cheese & Onion on a Roll with a Dijon-Horseradish Mayonnaise	Tuna Salad & Assorted Vegetables over Greens <b>NJ</b>	<p><b>Deli Central</b></p> <p>Assorted Grab &amp; Go Sandwiches</p> <p>Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich</p> <p><b>AMERICAN GRILLE</b></p> <p><b>FRESH FARMISTAND</b></p> <p>Assorted Garden Salads <b>Assorted salads are offered with a Roll</b></p> <p>Assorted Baked Chips 100-Calorie Snacks Cookies</p> <p>Poland Spring Water Gatorade G2 Diet Snapple Diet Soda</p> <p><b>SNACK SHACK</b></p> <p><i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i></p> <p><i>All Bacon used is Turkey Bacon</i></p>
<b>Tuesday 23</b>	Turkey Reuben with Russian Dressing, Sauerkraut & Swiss Cheese on Whole Grain Bread	All-Beef Hot Dog on a Bun with Sweet Potato Fries	Chicken Honey Barbecue Wrap	Asian Salad – Chicken, Oranges & Peppers over Greens with Asian Dressing <b>NJ</b>	
<b>Wednesday 24</b>	Wild Wing Wednesday – Assorted Chicken Wings & Sauces with a Roll	Bacon Cheeseburger on a Bun	Roast Turkey Sandwich with Cheese & Salsa Mayonnaise	BLT Salad – Bacon, Tomato & Cheese over Greens <b>NJ</b>	
<b>Thursday 25</b>	Baked Chicken with Broccoli & Rice	Lasagna Roll-Up with Garlic Bread	The Western – Roast Beef, Red Onion & Ranch Dressing on a Roll	Waldorf Chicken Salad – Apples & Chicken over Greens with Raspberry Vinaigrette <b>NJ</b>	
<b>Friday 26</b>	Big Daddy's Pizza – Plain, Pepperoni or Special	Chipotle Chicken Sandwich on a Kaiser Roll	Pastrami Reuben	Grilled Chicken Caesar Salad <b>NJ</b>	

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FRESH FARMISTAND

AVAILABLE DAILY

<b>Monday 29</b>	Turkey Barge – Roast Turkey on Garlic Bread with Mozzarella Cheese	Beef Chili garnished with Shredded Cheddar Cheese & Rice	Cobb Club – Turkey, Bacon, Tomato & Cheese on a Roll <b>NJ</b>	Chicken Salad over Mixed Greens <b>NJ</b>	<p><b>Deli Central</b></p> <p>Assorted Grab &amp; Go Sandwiches</p> <p>Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich</p> <p><b>AMERICAN GRILLE</b></p> <p><b>FRESH FARMISTAND</b></p> <p>Assorted Garden Salads <b>Assorted salads are offered with a Roll</b></p> <p>Assorted Baked Chips 100-Calorie Snacks Cookies</p> <p>Poland Spring Water Gatorade G2 Diet Snapple Diet Soda</p> <p><b>SNACK SHACK</b></p> <p><i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i></p> <p><i>All Bacon used is Turkey Bacon</i></p>
<b>Tuesday 30</b>	Baked Chicken topped with Bruschetta Salad & served with a Roll <b>NJ</b>	Baked Mozzarella Sticks with Marinara Sauce	Pastrami, Swiss Cheese & Coleslaw on Whole Grain Bread with Russian Dressing	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens <b>NJ</b>	
<b>Wednesday 31</b>	Roast Turkey with Mashed Potatoes, Gravy & a Roll	California Burger with Lettuce, Tomato & Onion on a Bun <b>NJ</b>	Wild West Wrap – Ham & American Cheese with Lettuce, Tomato, Salsa & Chipotle Mayonnaise <b>NJ</b>	Pear & Cheese Salad with Cucumber, Tomato, Celery & Carrots over a bed of Lettuce <b>NJ</b>	
<b>Thursday 1</b>	Chipotle Chicken Sandwich on a Roll with Potato Wedges	Meatball Parmesan Hero	Grilled Chicken Caesar Wrap <b>NJ</b>	Buffalo Chicken Salad – Spicy Chicken, Celery & Light Ranch Dressing over Greens <b>NJ</b>	
<b>Friday 2</b>	Big Daddy's Pizza – Plain, Pepperoni or Special	Buffalo Chicken Wrap with Ranch Dressing	Cool Ranch Chicken Twister – Chicken with Cheese, Lettuce & Ranch Dressing in a Wrap <b>NJ</b>	Double Scoop - Egg & Tuna Salad over Greens <b>NJ</b>	

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