

WEEHAWKEN HIGH SCHOOL – FEBRUARY 2019



AVAILABLE DAILY

Monday 4	Lemon Chicken with Broccoli & Rice	Cheeseburger on a Bun with Oven Fries	Pittsburgh Sandwich – Chicken, Provolone Cheese, Coleslaw & Tomato on a Roll NJ	Cobb Salad – Turkey, Bacon, Cheese, Egg, Avocado & Tomato over Greens NJ	Deli Central	Assorted Grab & Go Sandwiches
Tuesday 5	Grilled Chicken Fillet on a Kaiser Roll	Crispy Battered Fish & Chips (Sweet Potato Fries) with Lemon, Tartar Sauce & a Roll	Pesto Chicken Salad Wrap NJ	Asian Salad – Chicken, Oranges & Peppers over Greens with Asian Dressing NJ		Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks
Wednesday 6	Wild Wing Wednesday – Chicken Wings & Assorted Sauces with a Roll	Mozzarella Sticks with Marinara Sauce	Grilled Chicken Caesar Wrap NJ	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens NJ	FRESH FARMSTAND	Assorted Garden Salads Assorted salads are offered with a Roll
Thursday 7	Chicken Bowl – Mashed Potatoes topped with Corn, Popcorn Chicken, Gravy & Cheese with a Roll	All-Beef Hot Dog on a Bun with Baked Beans	Cobb Club – Turkey, Bacon, Tomato, Avocado & Cheese on a Roll NJ	Roast Beef Salad with Cheddar Cheese, Tomato & Red Onion over Romaine Lettuce with Balsamic Vinaigrette NJ		Assorted Baked Chips Freshly Baked Cookies Brownies
Friday 8	Big Daddy's Pizza – Plain, Pepperoni or Special	"Firecracker" Spicy Chicken Wrap with Jack Cheese, Lettuce, Tomato & Ranch Dressing NJ	Roast Beef with Cheddar Cheese in a Wrap	Tuna Salad & Assorted Vegetables over Greens NJ	SNACK SHACK	Nirvana Spring Water Diet Snapple Diet Soda
<p><i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i></p> <p><i>All Bacon featured is Turkey Bacon</i></p>						

Fruits & vegetables from The Farm Stand are included with lunch. **A complete meal includes:** Entrée with Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & a Choice of Milk. Your comments are important to us. Please e-mail us at comments@pomptonian.com. Menu Subject to Change



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

"This institution is an equal opportunity provider."



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



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Monday 11	Lasagna Roll-Up With Garlic Bread	All-White Meat Chicken Tenders w/ Dinner Roll	Hot Ham & Cheese Hero	Pesto Chicken Salad over Mesclun Greens	Deli Central	Assorted Grab & Go Sandwiches
Tuesday 12	Sampler-2 Chicken Tenders & 3 Mozzarella Sticks	Bacon Cheesebruger on Bun	Cobb Club – Turkey, Bacon, Tomato, Avocado & Cheese on a Roll NJ	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard- Boiled Egg over Greens NJ		Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks AMERICAN GRILLE
Wednesday 13	Pasta w/ Meatballs & Garlic Bread	BBQ Rib on Hero Roll	Turkey BLT on a Kaiser Roll NJ	Grilled Chicken Caesar Salad NJ	FRESH FARMSTAND	Assorted Garden Salads Assorted salads are offered with a Roll
Thursday 14	Big Daddy's Pizza – Plain, Pepperoni or Special	“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 NJ		Assorted Baked Chips Freshly Baked Cookies Brownies SNACK SHACK
Friday 15	SCHOOL	CLOSED				Nirvana Spring Water Diet Snapple Diet Soda

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Monday 18	NO	SCHOOL	ENJOY	THE DAY!	
Tuesday 19	TACO TUESDAY – Nachos Grande with Turkey Taco Meat, Rice & Scoops Chips NJ	Homemade Baked Ziti with Garlic Bread	Pittsburgh Sandwich – Chicken, Provolone Cheese, Coleslaw & Tomato on a Roll NJ	Honey Mustard Salad – Chicken, Peppers, Cucumbers & Carrots over Greens NJ	 Assorted Grab & Go Sandwiches Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks 
Wednesday 20	Jersey Sliders – Mini Cheeseburgers on Soft Buns with Caramelized Onions & American Cheese	CHICKEN ARIZONA – Grilled Chicken Fillet with Honey Mustard, Roasted Red Pepper & Melted Provolone Cheese on a Kaiser Roll	Grilled Chicken Caesar Wrap NJ	Cobb Salad – Turkey, Bacon, Cheese, Egg, Avocado & Tomato over Greens NJ	 Assorted Garden Salads Assorted salads are offered with a Roll Assorted Baked Chips Freshly Baked Cookies Brownies Nirvana Spring Water Diet Snapple Diet Soda 
Thursday 21	Baked Macaroni & Cheese with a Dinner Roll	Beef & Cheese Burrito	Chicken Salad Wrap with Lettuce & Tomato NJ	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens NJ	
Friday 22	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 NJ	Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account. <i>All Bacon featured is Turkey Bacon</i>

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Monday 25	Pasta & Meatballs w/ Garlic Bread	Cuca's Steak Hero – Sofrito Seasoned Steak with Cheese & Potatoes NJ	Cool Ranch Chicken Twister – Chicken with Cheese, Lettuce & Ranch Dressing in a Wrap NJ	Spinach Salad with Sliced Egg, Onions, Bacon & Cheese NJ	 Assorted Grab & Go Sandwiches  Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks  Assorted Garden Salads Assorted salads are offered with a Roll Assorted Baked Chips Freshly Baked Cookies Brownies  Nirvana Spring Water Diet Snapple Diet Soda <i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i> <i>All Bacon featured is Turkey Bacon</i>
Tuesday 26	Turkey Reuben with Russian Dressing, Sauerkraut & Swiss Cheese on Whole Grain Bread	Grilled Chicken Fillet on a Kaiser Roll	Honey Barbecue Chicken Wrap	Asian Salad – Chicken, Oranges & Peppers over Greens with Asian Dressing NJ	
Wednesday 27	Wild Wing Wednesday – Chicken Wings & Assorted Sauces with a Roll	Bacon Cheeseburger on a Bun	Roast Turkey Sandwich with Swiss Cheese & Pesto Mayo	BLT Salad – Bacon, Tomato & Cheese over Greens NJ	
Thursday 28	Pasta Pesto with Chicken & Garlic Bread	All-Beef Hot Dog on a Bun with Sweet Potato Fries	The Western – Roast Beef, Red Onion & Ranch Dressing on a Roll	Waldorf Chicken Salad – Apples & Chicken over Greens with Raspberry Vinaigrette NJ	
Friday 3/1	Big Daddy's Pizza – Plain, Pepperoni or Special	Chipotle Chicken Sandwich on a Kaiser Roll	Pastrami Reuben Sandwich	Grilled Chicken Caesar Salad NJ	

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