

# WEEHAWKEN HIGH SCHOOL – APRIL 2019



Daily Dish



AVAILABLE DAILY

<b>Monday</b> 1	Sampler - 2 Chicken Tenders & 3 Mozzarella Sticks	Bacon Cheesebruger on Bun	Cobb Club – Turkey, Bacon, Tomato, Avocado & Cheese on a Roll <b>NJ</b>	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg 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 Pizza or Mozzarella Sticks</p> <p><b>AMERICAN GRILLE</b></p> <p>Assorted Garden Salads <b>Assorted salads are offered with a Roll</b></p> <p>Assorted Baked Chips Freshly Baked Cookies Brownies</p> <p>Nirvana Spring Water 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 or use <a href="http://Payforit.net">Payforit.net</a>.</i></p> <p>Payforit parent support phone number is 800-572-6642. Payforit email is <a href="mailto:pfadmin@payforit.net">pfadmin@payforit.net</a>.</p> <p><i>All Bacon featured is Turkey Bacon</i></p>
<b>Tuesday</b> 2	TACO TUESDAY – 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</b> 3	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 <b>NJ</b>	Cobb Salad – Turkey, Bacon, Cheese, Egg, Avocado & Tomato over Greens <b>NJ</b>	
<b>Thursday</b> 4	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</b> 5	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>	

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.

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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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<b>Monday</b> 8	Pasta & Meatballs w/ Garlic Bread	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 Pizza or Mozzarella Sticks    Assorted Garden Salads <b>Assorted salads are offered with a Roll</b>  Assorted Baked Chips Freshly Baked Cookies Brownies  Nirvana Spring Water Diet Snapple Diet Soda  
<b>Tuesday</b> 9	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 <b>NJ</b>	
<b>Wednesday</b> 10	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 <b>NJ</b>	
<b>Thursday</b> 11	Big Daddy's Pizza – Plain, Pepperoni or Special	Chipotle Chicken Sandwich on a Kaiser Roll	Pastrami Reuben Sandwich	Grilled Chicken Caesar Salad <b>NJ</b>	
<b>Friday</b> 12	<b>GOOD</b>	<b>FRIDAY</b>	<b>NO</b>	<b>SCHOOL</b>	

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Monday 15							
Tuesday 16							
Wednesday 17							
Thursday 18							
Friday 19							
					<p><i>Deli Central</i></p> <p>Assorted Grab &amp; Go Sandwiches</p> <p>Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks</p> <p><i>FRESH FARMISTAND</i></p> <p>Assorted Garden Salads <b>Assorted salads are offered with a Roll</b></p> <p>Assorted Baked Chips Freshly Baked Cookies Brownies</p> <p>Nirvana Spring Water Diet Snapple Diet Soda</p> <p><i>AMERICAN GRILLE</i></p> <p><i>SNACK SHACK</i></p> <p><i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account or use <a href="http://Payforit.net">Payforit.net</a>.</i></p> <p>Payforit parent support phone number is 800-572-6642. Payforit email is <a href="mailto:pfadmin@payforit.net">pfadmin@payforit.net</a>.</p> <p><i>All Bacon featured is Turkey Bacon</i></p>		

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Monday 22	PROFESSIONAL	DEVELOPMENT	DAY	NO SCHOOL	
Tuesday 23	Grilled Chicken Fillet on a Kaiser 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>	 Assorted Grab & Go Sandwiches  Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks 
Wednesday 24	Chicken & Broccoli Penne with Garlic Sauce	Mozzarella Sticks with Marinara Sauce	Veggie Delight – Breaded Eggplant, Provolone Cheese & Roasted Peppers with Pesto Mayonnaise on a Hoagie	Antipasto Salad – Ham, Provolone Cheese, Roasted Red Peppers, Tomatoes & Italian Dressing <b>NJ</b>	 Assorted Garden Salads <b>Assorted salads are offered with a Roll</b>  Assorted Baked Chips Freshly Baked Cookies Brownies  
Thursday 25	Meatloaf & Mashed Potatoes with Gravy & a Roll	BBQ Rib on Hero Roll	Turkey Club Wrap	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens <b>NJ</b>	Nirvana Spring Water Diet Snapple Diet Soda
Friday 26	Big Daddy's Pizza – Plain, Pepperoni or Special	"Firecracker" Spicy Chicken Wrap with Jack Cheese, Lettuce, Tomato & Ranch Dressing <b>NJ</b>	Grilled Chicken Caesar Wrap <b>NJ</b>	Tuna Salad & Assorted Vegetables over Greens <b>NJ</b>	<p><i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account or use <a href="http://Payforit.net">Payforit.net</a>.</i></p> Payforit parent support phone number is 800-572-6642. Payforit email is <a href="mailto:pfiaadmin@payforit.net">pfiaadmin@payforit.net</a> .  <i>All Bacon featured is Turkey Bacon</i>

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<b>Monday</b> 29	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, Avocado & Tomato over Greens <b>NJ</b>	   
<b>Tuesday</b> 30	Grilled Chicken Fillet on a Kaiser 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</b> 5/1	Wild Wing Wednesday – Chicken Wings & Assorted Sauces with a Roll	Mozzarella 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</b> 5/2	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 <b>NJ</b>	Roast Beef Salad with Cheddar Cheese, Tomato & Red Onion over Romaine Lettuce with Balsamic Vinaigrette <b>NJ</b>	
<b>Friday</b> 5/3	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>	

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