





WEEHAWKEN HIGH SCHOOL – DECEMBER 2018



AVAILABLE DAILY

Monday 3	Pasta & Meatballs with Garlic Bread	Grilled Chicken Fillet on a Kaiser Roll	The French Bistro – Turkey, Swiss Cheese & Onion on a Roll with a Dijon-Horseradish Mayonnaise	Tuna Salad & Assorted Vegetables over Greens 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 
Tuesday 4	Turkey Reuben with Russian Dressing, Sauerkraut & Swiss Cheese on Whole Grain Bread	All-Beef Hot Dog on a Bun with Sweet Potato Fries	Honey Barbecue Chicken Wrap	Asian Salad – Chicken, Oranges & Peppers over Greens with Asian Dressing NJ	
Wednesday 5	Wild Wing Wednesday – Chicken Wings & Assorted Sauces with a Roll	Bacon Cheeseburger on a Bun	Roast Turkey Sandwich with Cheese & Salsa Mayonnaise	BLT Salad – Bacon, Tomato & Cheese over Greens NJ	
Thursday 6	Baked Chicken with Broccoli & Rice	SAMPLER – Chicken Nuggets & Mozzarella Sticks with Marinara Sauce	The Western – Roast Beef, Red Onion & Ranch Dressing on a Roll	Waldorf Chicken Salad – Apples & Chicken over Greens with Raspberry Vinaigrette NJ	
Friday 7	Big Daddy's Pizza – Plain, Pepperoni or Special	Chipotle Chicken Sandwich on a Kaiser Roll	Pastrami Reuben Sandwich	Grilled Chicken Caesar Salad NJ	

Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.
All Bacon featured is Turkey Bacon

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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Daily Dish



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Monday 10	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 NJ	Chicken Salad over Mixed Greens 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> All Bacon featured is Turkey Bacon
Tuesday 11	Baked Chicken topped with Bruschetta Salad & served with a Roll NJ	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 NJ	
Wednesday 12	Roast Turkey with Mashed Potatoes, Gravy & a Roll	California Burger with Lettuce, Tomato & Onion on a Bun NJ	Wild West Wrap – Ham & American Cheese with Lettuce, Tomato, Salsa & Chipotle Mayonnaise NJ	Pear & Cheese Salad with Cucumber, Tomato, Celery & Carrots over a bed of Lettuce NJ	
Thursday 13	BBQ Pork on a Kaiser Roll with Potato Wedges & Pickles	Meatball Parmesan Hero	Grilled Chicken Caesar Wrap NJ	Buffalo Chicken Salad – Spicy Chicken, Celery & Light Ranch Dressing over Greens NJ	
Friday 14	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 NJ	Double Scoop – Egg & Tuna Salad over Greens NJ	

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Monday 17	Beef Sliders on Buns with Oven Fries	Herb-Roasted Chicken with Mashed Potatoes & a Dinner Roll	Ham Club Wrap – Ham, Dijon Mustard, Cheddar Cheese, Lettuce & Tomato on a Wrap NJ	Egg Salad over Mixed Greens NJ	 Assorted Grab & Go Sandwiches
Tuesday 18	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	
Wednesday 19	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 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 20	Big Daddy's Pizza – Plain, Pepperoni or Special	"Firecracker" Spicy Chicken Wrap with Jack Cheese, Lettuce, Tomato & Ranch Dressing NJ	Grilled Chicken Caesar Wrap NJ	Tuna Salad & Assorted Vegetables over Greens NJ	
Friday 21	PROFESSIONAL	DEVELOPMENT	DAY	NO SCHOOL	<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>

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<p>Monday 24</p>					<p><i>Deli Central</i></p> <p>Assorted Grab & Go Sandwiches</p>
<p>Tuesday 25</p>					<p>Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks</p> <p>AMERICAN GRILLE</p>
<p>Wednesday 26</p>					<p><i>FRESH FARMSTAND</i></p> <p>Assorted Garden Salads Assorted salads are offered with a Roll</p>
<p>Thursday 27</p>					<p>Assorted Baked Chips Freshly Baked Cookies Brownies</p> <p>SNACK SHACK</p> <p>Nirvana Spring Water Diet Snapple Diet Soda</p>
<p>Friday 28</p>					<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>

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