




# WEEHAWKEN HIGH SCHOOL – NOVEMBER 2018



## AVAILABLE DAILY

<b>Monday 5</b>	HALF	DAY	NO	LUNCH	 <p>Assorted Grab &amp; Go Sandwiches</p>
<b>Tuesday 6</b>	PROFESSIONAL	DEVELOPMENT	DAY	NO SCHOOL	
<b>Wednesday 7</b>	HALF	DAY	NO	LUNCH	 <p>Assorted Garden Salads <b>Assorted salads are offered with a Roll</b></p>
<b>Thursday 8</b>	NJEA	CONVENTION	NO	SCHOOL	<p>Assorted Baked Chips Freshly Baked Cookies Brownies</p> 
<b>Friday 9</b>	NJEA	CONVENTION	NO	SCHOOL	<p>Nirvana Spring Water Diet Snapple Diet Soda</p>

*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](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**





"This institution is an equal opportunity provider."



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<b>Monday 12</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, Avocado & Tomato over Greens <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  <i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i>  <i>All Bacon featured is Turkey Bacon</i>
<b>Tuesday 13</b>	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 14</b>	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 15</b>	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 16</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>	

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<b>Monday 19</b>	Chicken Sliders on Buns with Oven Fries	Roasted Vegetable Wrap with Melted Mozzarella Cheese & Garlic Basil Dressing	Turkey BLT on a Kaiser Roll <b>NJ</b>	Grilled Chicken Caesar Salad <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  <i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i>  <i>All Bacon featured is Turkey Bacon</i>
<b>Tuesday 20</b>	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 <b>NJ</b>	
<b>Wednesday 21</b>	HALF	DAY	NO	LUNCH	
<b>Thursday 22</b>	THANKSGIVING	BREAK	NO	SCHOOL	
<b>Friday 23</b>	THANKSGIVING	BREAK	NO	SCHOOL	

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Daily Dish



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<b>Monday 26</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>	<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><b>FRESH FARMSTAND</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.</i></p> <p><i>All Bacon featured is Turkey Bacon</i></p>
<b>Tuesday 27</b>	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 28</b>	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 29</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 30</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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