



SEPTEMBER WEEHAWKEN

2019

Roosevelt Elementary School
Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div style="border: 1px solid green; padding: 5px;"> Fruits & vegetables from The Farm Stand are included with lunch. </div>	
2	3	4	5	6
HAPPY LABOR DAY	NO SCHOOL	NO SCHOOL	HALF DAY NO LUNCH	HALF DAY NO LUNCH
9	10	11	12	13
Popcorn Chicken with Dip & a Roll	Meatball Parmesan on a Roll	Wing It Wednesday – Boneless Chicken Wings & Sauce of choice with a Dinner Roll	Pancakes with an Egg Patty & Tater Tots	Pizza Mania - Assorted Cheese Pizza
<div style="border: 1px solid orange; padding: 2px;"> Weekly Alternate: Lasagna Roll-Up with Marinara Sauce </div>				
16	17	18	19	20
Mozzarella Sticks with Marinara Sauce	All-White Meat Chicken Tenders & a Dinner Roll	Cheeseburger on a Bun with Baked Potato Bar - toppings: Broccoli, Chili or Cheese	Chicken & Cheese Quesadilla	Personal Pizza
<div style="border: 1px solid orange; padding: 2px;"> Weekly Alternate: Chicken Patty on a Bun </div>				
23	24	25	26	27
Baked Chicken Nuggets with a Dinner Roll & Sweet Potatoes	TACO TUESDAY Nachos Grande with Turkey Taco Meat, Rice & Scoops Chips	Chicken Patty on a Roll	6' Sub Lunch - Turkey or Italian Hero (2" Slice)	Big Daddy's Pizza – Plain or Pepperoni
<div style="background-color: #90EE90; padding: 2px;"> Jersey Fresh Farm to School Week </div>		<div style="border: 1px solid orange; padding: 2px;"> Weekly Alternate: Baked Macaroni & Cheese with a Dinner Roll </div>		
30				
French Toast Sticks with Syrup & an Egg Patty				
<div style="border: 1px solid orange; padding: 2px;"> Weekly Alternate: Popcorn Chicken with Dip & a Roll </div>				

ALSO AVAILABLE DAILY

All items baked, not fried

SALAD LUNCH (each salad includes a Whole Grain Roll)

Chef's Salad: Tossed Greens with Turkey, Ham & Cheese

BAGEL MEAL

Bagel with Cream Cheese, Low-Fat Cheese Sticks & a Trip to The Farm Stand

YOGURT LUNCH

4 oz. Yogurt, Cheese Stick, Dinner Roll & a Trip to The Farm Stand

GRILLED CHEESE SANDWICH

DELI SANDWICHES

Ham, Turkey, Bologna, or Tuna on a Kaiser Roll

Pre-paid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account, or use Payforit.net.

Payforit parent support phone number is 800-572-6642.

Payforit email is pfadmin@payforit.net.



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

"This institution is an equal opportunity provider."

A Complete Lunch Includes:

- Entrée (with Protein/Grain)
- Trip to The Farm Stand** (students must select at least a serving of fruit or vegetable)
- Milk Choice: 1% White, Skim, or Non-Fat Chocolate
- Menu Subject to Change**

Your comments are important to us. Please e-mail us at comments@pomptonian.com



Locally Grown Bartlett Pears



Locally Grown Beets