







JANUARY WEEHAWKEN

2019 Webster Elementary School Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<div style="border: 1px solid green; padding: 5px; text-align: center;"> Fruits & vegetables from The Farm Stand are included with lunch. </div>		
Local Sweet Potatoes		Meatball Parmesan on a Roll	Baked Macaroni & Cheese with a Dinner Roll	Square Pizza
		<div style="border: 1px solid orange; padding: 2px;"> Weekly Alternate: Baked Chicken Nuggets with a Roll </div>		
Popcorn Chicken with Dip & a Roll	Beef Sliders on Buns with Sweet Potatoes	Wing It Wednesday - Chicken Tenders with choice of Sauce & a Roll	French Toast Sticks with Turkey Sausage & Tater Tots	Pizza Bagel
		<div style="border: 1px solid orange; padding: 2px;"> Weekly Alternate: Stuffed Shells with Marinara Sauce </div>		
Pasta & Meatballs with Garlic Bread	All-White Meat Chicken Tenders with a Dinner Roll	Cheeseburger on a Bun with Oven Fries	Chicken & Cheese Quesadilla	Personal Pizza
		<div style="border: 1px solid orange; padding: 2px;"> Weekly Alternate: Chicken Patty on a Bun </div>		
NO SCHOOL 	TACO TUESDAY Nachos Grande with Turkey Taco Meat, Rice & Scoops Chips	Cheesesteak on a Bun with Oven Potatoes	Chicken Patty on a Roll	Big Daddy's Pizza
		<div style="border: 1px solid orange; padding: 2px;"> Weekly Alternate: Baked Macaroni & Cheese with a Dinner Roll </div>		
Mozzarella Sticks with Marinara Sauce	Grilled Chicken Fillet on a Bun with Oven Fries	Lasagna Roll-Up with Garlic Bread & Marinara Sauce	Hamburger on a Bun with Sweet Potatoes	
	<div style="border: 1px solid orange; padding: 2px;"> Weekly Alternate: Popcorn Chicken with Dip & a Roll </div>			

ALSO AVAILABLE DAILY

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

HAM, TURKEY, OR BOLOGNA SANDWICH

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



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

All items baked, not fried

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

"This institution is an equal opportunity provider."



Local Granny Smith Apples