





WEEHAWKEN HIGH SCHOOL – JUNE 2019



Daily Dish



AVAILABLE DAILY

Monday 3	Sweet & Sour Chicken with Broccoli and Rice	Philly Cheese Steak with Peppers and Onions	Hot Ham & Cheese Hero	Grilled Chicken Caesar Salad	 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 4	BIG Burrito with Chicken, Beans, Cheese, Rice, Salsa and Avocado Sour Cream on the Side	COWBOY Cheese Burger-with Onion Rings and BBQ Sauce	Pesto Chicken Salad Wrap NJ	Asian Salad – Chicken, Oranges & Peppers over Greens with Asian Dressing NJ	
Wednesday 5	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	
Thursday 6	Meatloaf & Mashed Potatoes with Gravy	BBQ Rib on Hero Roll	Turkey Club Wrap	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens NJ	
Friday 7	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	

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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Monday 10	Roast Chicken with Broccoli & Rice	Cheeseburger on a Bun with Oven Fries	Pittsburgh Sandwich – Chicken, Provolone Cheese, Coleslaw & Tomato on a Roll NJ	Cobb Salad – Turkey, Bacon, Cheese, Egg, Avocado & Tomato 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 <i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i> <i>All Bacon featured is Turkey Bacon</i>
Tuesday 11	Italian Hot Dog-Hot Dog on Hero Roll with Peppers, Onions & Potatoes	Chicken Parm on Kaiser Roll	Pesto Chicken Salad Wrap NJ	Asian Salad – Chicken, Oranges & Peppers over Greens with Asian Dressing NJ	
Wednesday 12	Wild Wing Wednesday – Chicken Wings & Assorted Sauces with a Roll	Mozzarella Sticks with Marinara Sauce	Grilled Chicken Caesar Wrap NJ	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens NJ	
Thursday 13	Big Daddy's Pizza – Plain, Pepperoni or Special	"Firecracker" Spicy Chicken Wrap with Jack Cheese, Lettuce, Tomato & Ranch Dressing NJ	Cobb Club – Turkey, Bacon, Tomato, Avocado & Cheese on a Roll NJ	Tuna Salad & Assorted Vegetables over Greens NJ	
Friday 14	HALF	DAY	NO	LUNCH	

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Monday 17	HALF	DAY	NO	LUNCH	<i>Deli Central</i> Assorted Grab & Go Sandwiches
Tuesday 18	HALF	DAY	NO	LUNCH	Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks AMERICAN GRILLE
Wednesday 19	HALF	DAY	NO	LUNCH	<i>FRESH FARMSTAND</i> Assorted Garden Salads Assorted salads are offered with a Roll
Thursday 20	HALF	DAY	NO	LUNCH	Assorted Baked Chips Freshly Baked Cookies Brownies SNACK SHACK Nirvana Spring Water Diet Snapple Diet Soda
Friday 21	ENJOY	SUMMER	HAVE	FUN	<i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i> <i>All Bacon featured is Turkey Bacon</i>

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