







NOVEMBER WEEHAWKEN

2018

Roosevelt 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>		
		Cheesesteak Hero with Oven Fries ¹	<div style="border: 1px solid orange; padding: 5px; text-align: center;"> Weekly Alternate: Baked Macaroni & Cheese with a Dinner Roll </div>	
Half Day No Lunch Served ⁵	Election Day  Professional Development Day No School ⁶	Half Day No Lunch Served ⁷	<div style="border: 1px solid yellow; padding: 10px; background-color: yellow;"> NJEA Convention No School </div>	
Chicken Sliders on Buns ¹²	Pasta & Meatballs with Garlic Bread ¹³	Turkey, Mashed Potatoes & Gravy, with a Dinner Roll ¹⁴	Baked Chicken Nuggets with a Roll ¹⁵	Personal Pizza ¹⁶
<div style="border: 1px solid orange; padding: 5px; margin: 0 auto; width: 80%;"> Weekly Alternate: Mozzarella Sticks with Marinara Sauce </div>				
All-Beef Hot Dog on a Bun with Sweet Potatoes ¹⁹	TACO TUESDAY Nachos Grande with Turkey Taco Meat, Rice & Scoops Chips with Corn ²⁰	Half Day No Lunch Served ²¹		
<div style="border: 1px solid orange; padding: 5px; margin: 0 auto; width: 80%;"> Weekly Alternate: Baked Chicken Nuggets with a Roll </div>				
Popcorn Chicken with Dip & a Roll ²⁶	Stuffed Shells with a Dinner Roll ²⁷	Wing It Wednesday – Chicken Tenders & Sauce of Choice with a Dinner Roll ²⁸	French Toast Sticks with an Egg Patty & Tater Tots ²⁹	Pizza Mania - Assorted Cheese Pizza ³⁰
<div style="border: 1px solid orange; padding: 5px; margin: 0 auto; width: 80%;"> Weekly Alternate: Stuffed Shells with Marinara Sauce </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

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.



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 Cauliflower