

# WEEHAWKEN HIGH SCHOOL – JUNE 2018



Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

<b>Monday</b> 4	Cuca's Deck BBQ Freshly Grilled Burgers & Hot Dogs on Buns	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>	<b>Deli Central</b> Assorted Grab & Go Sandwiches
<b>Tuesday</b> 5	Arroz Con Pollo/Chicken with Rice	"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>	Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich <b>AMERICAN GRILLE</b>
<b>Wednesday</b> 6	Pasta & Meatballs with Garlic Bread	Crispy Chicken with Provolone Cheese on a Sub Roll	Chicken Twister – Chicken Wrap with Cheese, Lettuce & Ranch Dressing <b>NJ</b>	BLT Salad – Bacon, Lettuce & Tomato with Cheese over Greens <b>NJ</b>	<b>FRESH FARMISTAND</b> Assorted Garden Salads <b>Assorted salads are offered with a Roll</b>
<b>Thursday</b> 7	Cuban Sandwich with Ham, Swiss Cheese & Mustard	Popcorn Chicken with Ranch Dipping Sauce & a Roll	Chicken Club Sandwich with Provolone Cheese, Bacon, Tomato & Garlic Mayonnaise <b>NJ</b>	Homemade Chicken Salad over Mixed Greens <b>NJ</b>	Assorted Baked Chips 100-Calorie Snacks Cookies <b>SNACK SHACK</b>
<b>Friday</b> 8	Big Daddy's Pizza – Plain, Pepperoni or Special	Chicken Capri Sandwich with Marinated Chicken, Roasted Peppers & Balsamic Dressing	Italian Sub – Ham, Salami & Provolone Cheese with Lettuce, Tomato, Oil & Vinegar on a Sub Roll <b>NJ</b>	Chef's Salad –Turkey, Ham, Cheese, Tomato, Cucumber & Hard- Boiled Egg over Greens <b>NJ</b>	Poland Spring Water Gatorade G2 Diet Snapple Diet Soda  <i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account. All Bacon used is Turkey Bacon</i>

A complete meal includes: Entrée with Protein/Grain, a Trip to The Farm Stand, & a Choice of Milk.  
Selections on The Farm Stand are included with lunch. Choose servings of fruit & vegetables from a variety of options daily.  
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 11</b>	Pastrami Reuben with Russian Dressing, Sauerkraut & Swiss Cheese on Whole Grain Bread	Grilled Chicken on a Kaiser Roll with Oven Fries	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     Assorted Garden Salads <b>Assorted salads are offered with a Roll</b>  Assorted Baked Chips 100-Calorie Snacks Cookies  Poland Spring Water Gatorade G2 Diet Snapple Diet Soda    Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account. All Bacon used is Turkey Bacon
<b>Tuesday 12</b>	TACO TUESDAY- Nachos with Taco Meat, Rice & Scoops Chips <b>NJ</b>	Crispy Chicken Sandwich on a Kaiser Roll	Grilled Chicken Caesar Wrap <b>NJ</b>	Cobb Salad – Turkey, Bacon, Cheese, Egg & Tomato over Greens <b>NJ</b>	
<b>Wednesday 13</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>Thursday 14</b>	Baked Chicken with Broccoli & Rice	Pizza Crunchers with Marinara Sauce	The Western – Roast Beef, Red Onion & Ranch Dressing on a Roll	Waldorf Chicken Salad – Apples & Chicken over Greens with Raspberry Vinaigrette <b>NJ</b>	
<b>Friday 15</b>	Big Daddy's Pizza & Stromboli's – Plain, Pepperoni or Special	Buffalo Chicken Wrap with Ranch Dressing	Cool Ranch Chicken Twister – Chicken with Cheese, Lettuce & Ranch Dressing in a Wrap <b>NJ</b>	Double Scoop - Egg & Tuna Salad over Greens <b>NJ</b>	

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<b>Monday 18</b>	Pasta & Meatballs with Garlic Bread	Popcorn Chicken with Dip & a Roll	The French Bistro – Turkey, Swiss Cheese & Onion on a Roll with a Dijon-Horseradish Mayonnaise	Tuna Salad & Assorted Vegetables over Greens <b>NJ</b>	 Assorted Grab & Go Sandwiches  Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich    Assorted Garden Salads <b>Assorted salads are offered with a Roll</b>  Assorted Baked Chips 100-Calorie Snacks Cookies Poland Spring Water Gatorade G2 Diet Snapple Diet Soda   <i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i> All Bacon used is Turkey Bacon
<b>Tuesday 19</b>	Chicken Taco Bowl	All-Beef Hot Dog on a Bun with Sweet Potato Fries	Chicken Honey Barbecue Wrap	Asian Salad – Chicken, Oranges & Peppers over Greens with Asian Dressing <b>NJ</b>	
<b>Wednesday 20</b>	Wild Wing Wednesday – Assorted Chicken Wings & Sauces with a Roll	Bacon Cheeseburger on a Bun	Roast Turkey Sandwich with Cheese & Salsa Mayonnaise	BLT Salad – Bacon, Tomato & Cheese over Greens <b>NJ</b>	
<b>Thursday 21</b>	Baked Chicken with Broccoli & Rice	Hot Ham & Cheese Hero	The Western – Roast Beef, Red Onion & Ranch Dressing on a Roll	Waldorf Chicken Salad – Apples & Chicken over Greens with Raspberry Vinaigrette <b>NJ</b>	
<b>Friday 22</b>	Big Daddy's Pizza – Plain, Pepperoni or Special	Chipotle Chicken Sandwich on a Kaiser Roll	Turkey Reuben with Russian Dressing, Sauerkraut & Swiss Cheese on Whole Grain Bread	Grilled Chicken Caesar Salad <b>NJ</b>	



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