






MAY WEEHAWKEN

2019 Lunch Menu

Roosevelt Elementary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY IS		Fruits & vegetables from The Farm Stand are included with lunch.		
		1 French Toast Sticks with an Egg Patty	2 Baked Chicken Nuggets with a Roll & Mashed Potatoes	3 Pizza Mania - Assorted Cheese Pizza
		Weekly Alternate: Mozzarella Sticks with Marinara Sauce		
6 All-Beef Hot Dog on a Bun with Sweet Potatoes National Teacher Appreciation Week	7 TACO TUESDAY Nachos Grande with Turkey Taco Meat, Rice & Scoops Chips with Corn	8 Stuffed Shells with a Dinner Roll	9 Baked Macaroni & Cheese with a Dinner Roll	10 Big Daddy's Pizza – Plain or Pepperoni
		Weekly Alternate: Baked Chicken Nuggets with a Roll		
13 Popcorn Chicken with Dip & a Roll	14 Meatball Parmesan on a Roll	15 Wing It Wednesday – Chicken Tenders & sauce of choice with a Dinner Roll	16 French Toast Sticks with an Egg Patty & Tater Tots	17 Pizza Mania - Assorted Cheese Pizza
		Weekly Alternate: Stuffed Shells with Marinara Sauce		
20 Mozzarella Sticks with Marinara Sauce	21 All-White Meat Chicken Tenders & a Dinner Roll	22 Cheeseburger on a Bun with Oven Fries	23 Personal Pizza	24 HALF DAY - NO LUNCH
		Weekly Alternate: Chicken Patty on a Bun		
27 	28 TACO TUESDAY Nachos Grande with Turkey Taco Meat, Rice & Scoops Chips	29 Chicken Patty on a Roll	30 Roast Chicken with Rice & Beans	31 Big Daddy's Pizza – Plain or Pepperoni
		Weekly Alternate: Baked Macaroni & Cheese with a Dinner Roll		

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

All items baked, not fried

Pre-paid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account or use [Payforit.net](http://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



Locally Grown Asparagus



Locally Grown Blueberries

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."