



JANUARY WEEHAWKEN

2019

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>		
Local Sweet Potatoes		BBQ Rib on Hero Roll	Baked Macaroni & Cheese with a Dinner Roll	Big Daddy's Pizza – Plain or Pepperoni
		<div style="border: 1px solid orange; padding: 2px;"> Weekly Alternate: Baked Chicken Nuggets with a Roll </div>		
Popcorn Chicken with Dip & a Roll	Meatball Parmesan on a Roll	Wing It Wednesday – Chicken Tenders & sauce of choice with a Dinner Roll	French Toast Sticks with Turkey Sausage & Tater Tots	Pizza Mania-Assorted Cheese Pizza
		<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 & 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	Chicken Patty on a Roll	Cheesesteak Hero with Oven Fries	Big Daddy's Pizza – Plain or Pepperoni
		<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	All-Beef Hot Dog 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

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."

