

WEEHAWKEN HIGH SCHOOL – SEPTEMBER 2018



AVAILABLE DAILY

Monday 3	HAPPY LABOR DAY			Deli Central Assorted Grab & Go Sandwiches
Tuesday 4				Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich AMERICAN GRILLE
Wednesday 5				FRESH FARMISTAND Assorted Garden Salads Assorted salads are offered with a Roll
Thursday 6				Assorted Baked Chips 100-Calorie Snacks Cookies Poland Spring Water Gatorade G2 Diet Snapple Diet Soda SNACK SHACK
Friday 7	p			<p><i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i></p> <p><i>All Bacon used is Turkey Bacon</i></p>

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. 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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Daily Dish



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Monday 10	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 NJ	 Assorted Grab & Go Sandwiches  Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich  Assorted Garden Salads Assorted salads are offered with a Roll 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> <i>All Bacon used is Turkey Bacon</i>
Tuesday 11	Turkey Reuben with Russian Dressing, Sauerkraut & Swiss Cheese on Whole Grain Bread	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 NJ	
Wednesday 12	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 NJ	
Thursday 13	Baked Chicken with Broccoli & Rice	Lasagna Roll Up with Marinara Sauce & Garlic Bread	The Western – Roast Beef, Red Onion & Ranch Dressing on a Roll	Waldorf Chicken Salad – Apples & Chicken over Greens with Raspberry Vinaigrette NJ	
Friday 14	Big Daddy's Pizza – Plain, Pepperoni or Special	Chipotle Chicken Sandwich on a Kaiser Roll	Pastrami Reuben	Grilled Chicken Caesar Salad NJ	

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AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

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Monday 17	Turkey Barge – Roast Turkey on Garlic Bread with Mozzarella Cheese	Beef Chili garnished with Shredded Cheddar Cheese & Rice	Cobb Club – Turkey, Bacon, Tomato & Cheese on a Roll NJ	Chicken Salad over Mixed Greens NJ	<p>Deli Central</p> <p>Assorted Grab & Go Sandwiches</p> <p>Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich</p> <p>AMERICAN GRILLE</p> <p>FRESH FARMISTAND</p> <p>Assorted Garden Salads Assorted salads are offered with a Roll</p> <p>Assorted Baked Chips 100-Calorie Snacks Cookies</p> <p>Poland Spring Water Gatorade G2 Diet Snapple Diet Soda</p> <p>SNACK SHACK</p> <p><i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i> <i>All Bacon used is Turkey Bacon</i></p>
Tuesday 18	Baked Chicken topped with Bruschetta Salad & served with a Roll NJ	Baked Mozzarella Sticks with Marinara Sauce	Pastrami, Swiss Cheese & Coleslaw on Whole Grain Bread with Russian Dressing	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens NJ	
Wednesday 19	Roast Turkey with Mashed Potatoes, Gravy & a Roll	California Burger with Lettuce, Tomato & Onion on a Bun NJ	Wild West Wrap – Ham & American Cheese with Lettuce, Tomato, Salsa & Chipotle Mayonnaise NJ	Pear & Cheese Salad with Cucumber, Tomato, Celery & Carrots over a bed of Lettuce NJ	
Thursday 20	Chipotle Chicken Sandwich on a Roll with Potato Wedges	Meatball Parmesan Hero	Grilled Chicken Caesar Wrap NJ	Buffalo Chicken Salad – Spicy Chicken, Celery & Light Ranch Dressing over Greens NJ	
Friday 21	Big Daddy's Pizza – Plain, Pepperoni or Special	Buffalo Chicken Wrap with Ranch Dressing	Cool Ranch Chicken Twister – Chicken with Cheese, Lettuce & Ranch Dressing in a Wrap NJ	Double Scoop - Egg & Tuna Salad over Greens NJ	

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Monday 24	Beef Sliders on Buns with Oven Fries	Herb-Roasted Chicken with Mashed Potatoes & a Dinner Roll	Ham Club Wrap – Ham, Dijon Mustard, Cheddar Cheese, Lettuce & Tomato on a Wrap NJ	Egg Salad over Mixed Greens NJ	<p>Deli Central</p> <p>Assorted Grab & Go Sandwiches</p> <p>Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich</p> <p>AMERICAN GRILLE</p> <p>FRESH FARMSTAND</p> <p>Assorted Garden Salads Assorted salads are offered with a Roll</p> <p>Assorted Baked Chips 100-Calorie Snacks Cookies</p> <p>Poland Spring Water Gatorade G2 Diet Snapple Diet Soda</p> <p>SNACK SHACK</p> <p><i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i></p> <p><i>All Bacon used is Turkey Bacon</i></p>
Tuesday 25	Aloha Chicken Wrap	Taco Tuesday – Seasoned Taco Meat with Lettuce, Salsa & Cheese served with Rice NJ	Turkey BLT Wrap NJ	Grilled Chicken Caesar Salad NJ	
Wednesday 26	Chicken & Broccoli Penne with Garlic Sauce	Beef, Cheese & Rice Burrito	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 27	Macaroni & Cheese with a Dinner Roll	Fajita Melt – Sub Roll with Fajita Chicken, Onion, Pepper, Salsa & Pepper Cheddar Cheese	Roast Beef, Lettuce & Cheddar Cheese on a Wrap with Chipotle Sauce NJ	Spinach Salad with Sliced Egg, Onions, Bacon & Cheese NJ	
Friday 28	Big Daddy's Pizza – Plain, Pepperoni or Special	Chipotle Burger on a Bun with Lettuce, Tomato & Cheese NJ	The Caesar Pleaser – Chicken & Provolone Cheese on a Hero Roll with Romaine Lettuce & Caesar Dressing NJ	Honey Mustard Salad – Chicken, Peppers, Cucumbers & Carrots over Greens NJ	

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