



# FEBRUARY WEEHAWKEN

2019

Roosevelt Elementary School  
Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<div style="border: 1px solid green; padding: 5px; text-align: center;"> <b>Fruits &amp; vegetables from The Farm Stand are included with lunch.</b> </div>		
	<b>American Heart Month</b> 		<div style="border: 1px solid orange; padding: 2px;"> <b>Weekly Alternate:</b> Popcorn Chicken with Dip &amp; a Roll         </div>	
4 Chicken Sliders on Buns	5 Pasta & Meatballs with Garlic Bread	6 BBQ Rib on Bun	7 Baked Chicken Nuggets with a Roll & Mashed Potatoes	8 Pizza Mania - Assorted Cheese Pizza
<div style="border: 1px solid orange; padding: 2px;"> <b>Weekly Alternate:</b> Mozzarella Sticks with Marinara Sauce         </div>				
11 All-Beef Hot Dog on a Bun with Sweet Potatoes	12 <b>TACO TUESDAY</b> Nachos Grande with Turkey Taco Meat, Rice & Scoops Chips with Corn	13 Baked Macaroni & Cheese with a Dinner Roll	14 Big Daddy's Pizza - Plain or Pepperoni	15 <b>NO SCHOOL</b>
<div style="border: 1px solid orange; padding: 2px;"> <b>Weekly Alternate:</b> Baked Chicken Nuggets with a Roll         </div>				
	19 Meatball Parmesan on a Roll	20 Wing It Wednesday – Chicken Tenders & sauce of choice with a Dinner Roll	21 French Toast Sticks with an Egg Patty & Tater Tots	22 Pizza Mania - Assorted Cheese Pizza
<div style="border: 1px solid orange; padding: 2px;"> <b>Weekly Alternate:</b> Stuffed Shells with Marinara Sauce         </div>				
25 Mozzarella Sticks with Marinara Sauce	26 All-White Meat Chicken Tenders & a Dinner Roll	27 Cheeseburger on a Bun with Oven Fries	28 Chicken & Cheese Quesadilla	
<div style="border: 1px solid orange; padding: 2px;"> <b>Weekly Alternate:</b> Chicken Patty on a Bun         </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

**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](mailto:comments@pomptonian.com)

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



**At least 50% of All Grains served w/ your meal are Whole Grain Rich**

**All items baked, not fried**

"This institution is an equal opportunity provider."



**Local Pink Lady Apples**



**Local Potatoes**