

# WEEHAWKEN HIGH SCHOOL – JANUARY 2019



## AVAILABLE DAILY

<b>Monday</b> 12/31	<b>SCHOOL</b>	<b>CLOSED</b>	<b>NEW YEAR'S</b>	<b>EVE</b>	 Assorted Grab & Go Sandwiches   Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks   Assorted Garden Salads <b>Assorted salads are offered with a Roll</b>  Assorted Baked Chips Freshly Baked Cookies Brownies  Nirvana Spring Water Diet Snapple Diet Soda  
<b>Tuesday</b> 1/1	<b>HAPPY</b>	<b>NEW</b>	<b>YEAR</b>	<b>TO ALL!</b>	
<b>Wednesday</b> 2	Sampler-2 Chicken Tenders & 3 Mozzarella Sticks	Bacon Cheeseburger on a Bun	Cobb Club – Turkey, Bacon, Tomato, Avocado & Cheese on a Roll <b>NJ</b>	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens <b>NJ</b>	
<b>Thursday</b> 3	Pasta w/ Meatballs & Garlic Bread	BBQ Rib on Hero Roll	Turkey BLT on a Kaiser Roll <b>NJ</b>	Grilled Chicken Caesar Salad <b>NJ</b>	
<b>Friday</b> 4	Big Daddy's Pizza – Plain, Pepperoni or Special	"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>	

*Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.  
All Bacon featured is Turkey Bacon*

Fruits & vegetables from The Farm Stand are included with lunch. **A complete meal includes:** Entrée with Protein/Grain, a Trip to The Farm Stand (students must select at least a serving of fruit or vegetable) & a Choice of Milk. Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com). Menu Subject to Change



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

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<b>Monday</b> 7	Ricotta & Mozzarella Cheese Stuffed Shells with Tomato Basil Sauce & a Dinner Roll	Cuca's Steak Hero – Sofrito Seasoned Steak with Cheese & Potatoes <b>NJ</b>	Cool Ranch Chicken Twister – Chicken with Cheese, Lettuce & Ranch Dressing in a Wrap <b>NJ</b>	Spinach Salad with Sliced Egg, Onions, Bacon & Cheese <b>NJ</b>	Assorted Grab & Go Sandwiches  Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks  Assorted Garden Salads <b>Assorted salads are offered with a Roll</b>  Assorted Baked Chips Freshly Baked Cookies Brownies  Nirvana Spring Water Diet Snapple Diet Soda  
<b>Tuesday</b> 8	TACO TUESDAY – Nachos Grande with Turkey Taco Meat, Rice & Scoops Chips <b>NJ</b>	Homemade Baked Ziti with Garlic Bread	Pittsburgh Sandwich – Chicken, Provolone Cheese, Coleslaw & Tomato on a Roll <b>NJ</b>	Honey Mustard Salad – Chicken, Peppers, Cucumbers & Carrots over Greens <b>NJ</b>	
<b>Wednesday</b> 9	Jersey Sliders – Mini Cheeseburgers on Soft Buns with Caramelized Onions & American Cheese	CHICKEN ARIZONA – Grilled Chicken Fillet with Honey Mustard, Roasted Red Pepper & Melted Provolone Cheese on a Kaiser Roll	Grilled Chicken Caesar Wrap <b>NJ</b>	Cobb Salad – Turkey, Bacon, Cheese, Egg, Avocado & Tomato over Greens <b>NJ</b>	
<b>Thursday</b> 10	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>Friday</b> 11	Big Daddy's Pizza – Plain, Pepperoni or Special	Buffalo Chicken Twister Wrap	Roasted Turkey with Swiss Cheese on a Wrap	Bruschetta Salad – Onions & Cheese over Greens with Balsamic Vinaigrette <b>NJ</b>	

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<b>Monday 14</b>	Turkey Cuban Sandwich	Beef Chili garnished with Shredded Cheddar Cheese & Rice	Cobb Club – Turkey, Bacon, Tomato & Cheese on a Roll <b>NJ</b>	Chicken Salad over Mixed Greens <b>NJ</b>	 Assorted Grab & Go Sandwiches   Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks   Assorted Garden Salads <b>Assorted salads are offered with a Roll</b>  Assorted Baked Chips Freshly Baked Cookies Brownies  Nirvana Spring Water Diet Snapple Diet Soda  
<b>Tuesday 15</b>	Turkey Reuben with Russian Dressing, Sauerkraut & Swiss Cheese on Whole Grain Bread	Grilled Chicken Fillet on a Kaiser Roll	Honey Barbecue Chicken Wrap	Asian Salad – Chicken, Oranges & Peppers over Greens with Asian Dressing <b>NJ</b>	
<b>Wednesday 16</b>	Wild Wing Wednesday – Chicken Wings & Assorted Sauces with a Roll	Bacon Cheeseburger on a Bun	Roast Turkey Sandwich with Swiss Cheese & Pesto Mayo	BLT Salad – Bacon, Tomato & Cheese over Greens <b>NJ</b>	
<b>Thursday 17</b>	Pasta Pesto with Chicken & Garlic Bread	All-Beef Hot Dog on a Bun with Sweet Potato Fries	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 18</b>	Big Daddy's Pizza – Plain, Pepperoni or Special	Chipotle Chicken Sandwich on a Kaiser Roll	Pastrami Reuben Sandwich	Grilled Chicken Caesar Salad <b>NJ</b>	

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Monday 21	NO	SCHOOL	MLK	DAY	
Tuesday 22	Roast Chicken with Broccoli & Rice	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 <b>NJ</b>	Assorted Grab & Go Sandwiches  Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks 
Wednesday 23	Roast Turkey with Mashed Potatoes, Gravy & a Roll	Hot Ham & Cheese Hero	Wild West Wrap – Ham & American Cheese with Lettuce, Tomato, Salsa & Chipotle Mayonnaise <b>NJ</b>	Pear & Cheese Salad with Cucumber, Tomato, Celery & Carrots over a bed of Lettuce <b>NJ</b>	Assorted Garden Salads <b>Assorted salads are offered with a Roll</b>
Thursday 24	BBQ Pork on a Kaiser Roll with Potato Wedges & Pickles	Meatball Parmesan Hero	Grilled Chicken Caesar Wrap <b>NJ</b>	Buffalo Chicken Salad – Spicy Chicken, Celery & Light Ranch Dressing over Greens <b>NJ</b>	Assorted Baked Chips Freshly Baked Cookies Brownies  Nirvana Spring Water Diet Snapple Diet Soda 
Friday 25	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 <b>NJ</b>	Double Scoop – Egg & Tuna Salad over Greens <b>NJ</b>	<p><i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i></p> <p><i>All Bacon featured is Turkey Bacon</i></p>

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Daily Dish



AVAILABLE DAILY

<b>Monday 28</b>	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 <b>NJ</b>	Egg Salad over Mixed Greens <b>NJ</b>	<p><b>Deli Central</b></p> <p>Assorted Grab &amp; Go Sandwiches</p> <p>Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks</p> <p><b>AMERICAN GRILLE</b></p> <p><b>FRESH FARMSTAND</b></p> <p>Assorted Garden Salads <b>Assorted salads are offered with a Roll</b></p> <p>Assorted Baked Chips Freshly Baked Cookies Brownies</p> <p>Nirvana Spring Water Diet Snapple Diet Soda</p> <p><b>SNACK SHACK</b></p> <p><i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account. All Bacon featured is Turkey Bacon</i></p>
<b>Tuesday 29</b>	Grilled Chicken Fillet on a Kaiser Roll	Crispy Battered Fish & Chips (Sweet Potato Fries) with Lemon, Tartar Sauce & a Roll	Pesto Chicken Salad Wrap <b>NJ</b>	Asian Salad – Chicken, Oranges & Peppers over Greens with Asian Dressing <b>NJ</b>	
<b>Wednesday 30</b>	Chicken & Broccoli Penne with Garlic Sauce	Mozzarella Sticks with Marinara Sauce	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 <b>NJ</b>	
<b>Thursday 31</b>	Meatloaf & Mashed Potatoes with Gravy	BBQ Rib on Hero Roll	Turkey Club Wrap	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens <b>NJ</b>	
<b>Friday 2/1</b>	Big Daddy's Pizza – Plain, Pepperoni or Special	"Firecracker" Spicy Chicken Wrap with Jack Cheese, Lettuce, Tomato & Ranch Dressing <b>NJ</b>	Grilled Chicken Caesar Wrap <b>NJ</b>	Tuna Salad & Assorted Vegetables over Greens <b>NJ</b>	

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