

WEEHAWKEN HIGH SCHOOL – SEPTEMBER 2019



AVAILABLE DAILY

Monday 2					Deli Central Assorted Grab & Go Sandwiches Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks
Tuesday 3	SCHOOL CLOSED				AMERICAN GRILLE Assorted Garden Salads Assorted salads are offered with a Roll
Wednesday 4	SCHOOL CLOSED				FRESH FARMSTAND Assorted Baked Chips Freshly Baked Cookies Brownies
Thursday 5	HALF DAY	NO LUNCH			SNACK SHACK Nirvana Spring Water Diet Snapple Diet Soda
Friday 6	HALF DAY	NO LUNCH			Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account or use Payforit.net . Payforit parent support phone number is 800-572-6642. Payforit email is fiadmin@payforit.net . 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. 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

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Daily Dish

AMERICAN GRILLE

Deli Central

FRESH FARMISTAND

AVAILABLE DAILY

Monday 9	Pasta & Meatballs with Garlic Bread	Grilled Chicken Fillet on a Kaiser Roll	The French Bistro – Turkey, Swiss Cheese & Onion on a Roll with a Dijon-Horseradish Mayonnaise	Tuna Salad & Assorted Vegetables over 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 Pizza or Mozzarella Sticks</p> <p>AMERICAN GRILLE</p> <p>Assorted Garden Salads Assorted salads are offered with a Roll</p> <p>Assorted Baked Chips Freshly Baked Cookies Brownies</p> <p>Nirvana Spring Water 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 or use Payforit.net.</i></p> <p>Payforit parent support phone number is 800-572-6642. Payforit email is pfiaadmin@payforit.net.</p> <p><i>All Bacon featured is Turkey Bacon</i></p>
Tuesday 10	Turkey Reuben with Russian Dressing, Sauerkraut & Swiss Cheese on Whole Grain Bread	All-Beef Hot Dog on a Bun with Sweet Potato Fries	Honey Barbecue Chicken Wrap	Asian Salad – Chicken, Oranges & Peppers over Greens with Asian Dressing NJ	
Wednesday 11	Wild Wing Wednesday – Chicken Wings & Assorted Sauces with a Roll	Bacon Cheeseburger on a Bun	6' Hero-Turkey or Italian (2" Slice)	BLT Salad – Bacon, Tomato & Cheese over Greens NJ	
Thursday 12	Baked Chicken with Broccoli & Rice	SAMPLER – Chicken Nuggets & Mozzarella Sticks with Marinara Sauce	The Western – Roast Beef, Red Onion & Ranch Dressing on a Roll	Waldorf Chicken Salad – Apples & Chicken over Greens with Raspberry Vinaigrette NJ	
Friday 13	Big Daddy's Pizza – Plain, Pepperoni or Special	Chipotle Chicken Sandwich on a Kaiser Roll	Pastrami Reuben Sandwich	Grilled Chicken Caesar Salad NJ	

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Monday 16	Asian Chicken over Rice - Choose your own Sauce and Vegetables - with a Fortune Cookie	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><i>Deli Central</i></p> <p><i>FRESH FARMSTAND</i></p> <p>AMERICAN GRILLE</p> <p>SNACK SHACK</p> <p>Assorted Grab & Go Sandwiches</p> <p>Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks</p> <p>Assorted Garden Salads Assorted salads are offered with a Roll</p> <p>Assorted Baked Chips Freshly Baked Cookies Brownies</p> <p>Nirvana Spring Water Diet Snapple Diet Soda</p> <p><i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account or use Payforit.net.</i></p> <p>Payforit parent support phone number is 800-572-6642. Payforit email is pfadmin@payforit.net.</p> <p><i>All Bacon featured is Turkey Bacon</i></p>
Tuesday 17	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 18	Roast Turkey with Mashed Potatoes, Gravy & a Roll	California Burger with Lettuce, Tomato & Avocado 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 19	BBQ Pork on a Kaiser Roll with Potato Wedges & Pickles	Meatball Parmesan Hero	Grilled Chicken Caesar Wrap NJ	Buffalo Chicken Salad – Spicy Chicken, Celery & Light Ranch Dressing over Greens NJ	
Friday 20	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 23	Beef Sliders on Buns with Oven Fries	Herb-Roasted Chicken with Mashed Potatoes & a Dinner Roll	Aloha Chicken Wrap	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 Pizza or Mozzarella Sticks</p> <p>AMERICAN GRILLE</p> <p>Assorted Garden Salads Assorted salads are offered with a Roll</p> <p>Assorted Baked Chips Freshly Baked Cookies Brownies</p> <p>Nirvana Spring Water 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 or use Payforit.net.</i></p> <p>Payforit parent support phone number is 800-572-6642. Payforit email is pfadmin@payforit.net.</p> <p><i>All Bacon featured is Turkey Bacon</i></p>
Tuesday 24	Pizza Cheese Crunchers - Mozzarella Sticks stuffed with Marinara Sauce	TACO TUESDAY – Seasoned Taco Meat with Lettuce, Salsa & Cheese served with Rice NJ	Turkey BLT Wrap NJ	Grilled Chicken Caesar Salad NJ	
Wednesday 25	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 26	Macaroni & Cheese with a Dinner Roll	BBQ on the Deck Burgers, Dogs, Ribbies with Fixings	Roast Beef, Lettuce & Cheddar Cheese on a Wrap with Chipotle Sauce NJ	Spinach Salad with Sliced Egg, Onions, Bacon & Cheese NJ	
Friday 27	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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Monday 30	Lemon Chicken with Broccoli & Rice	Cheeseburger on a Bun with Oven Fries	Pittsburgh Sandwich – Chicken, Provolone Cheese, Coleslaw & Tomato on a Roll NJ	Cobb Salad – Turkey, Bacon, Cheese, Egg, Avocado & Tomato over Greens NJ	 Assorted Grab & Go Sandwiches  Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich Pizza or Mozzarella Sticks  Assorted Garden Salads Assorted salads are offered with a Roll Assorted Baked Chips Freshly Baked Cookies Brownies  Nirvana Spring Water Diet Snapple Diet Soda <i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account or use Payforit.net.</i> Payforit parent support phone number is 800-572-6642. Payforit email is pfadmin@payforit.net . All Bacon featured is Turkey Bacon
Tuesday 10/1	Grilled Chicken Fillet on a Kaiser Roll	Crispy Battered Fish & Chips (Sweet Potato Fries) with Lemon, Tartar Sauce & a Roll	Pesto Chicken Salad Wrap NJ	Asian Salad – Chicken, Oranges & Peppers over Greens with Asian Dressing NJ	
Wednesday 10/2	Wild Wing Wednesday – Chicken Wings & Assorted Sauces with a Roll	Pizza Cheese Crunchers - Mozzarella Sticks stuffed with Marinara Sauce	Grilled Chicken Caesar Wrap NJ	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens NJ	
Thursday 10/3	Chicken Bowl – Mashed Potatoes topped with Corn, Popcorn Chicken, Gravy & Cheese with a Roll	All-Beef Hot Dog on a Bun with Baked Beans	Cobb Club – Turkey, Bacon, Tomato, Avocado & Cheese on a Roll NJ	Roast Beef Salad with Cheddar Cheese, Tomato & Red Onion over Romaine Lettuce with Balsamic Vinaigrette NJ	
Friday 10/4	Big Daddy's Pizza – Plain, Pepperoni or Special	"Firecracker" Spicy Chicken Wrap with Jack Cheese, Lettuce, Tomato & Ranch Dressing NJ	Roast Beef with Cheddar Cheese in a Wrap	Tuna Salad & Assorted Vegetables over Greens NJ	

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