



# JUNE WEEHAWKEN

Roosevelt Elementary School  
Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Locally Grown Kale	 THE FARM STAND	Fruits & vegetables from The Farm Stand are included with lunch.		 Locally Grown Strawberries
3 Pancakes with Syrup & an Egg Patty	4 Grilled Chicken Fillet on a Bun with Oven Fries	5 Lasagna Roll-Up with Garlic Bread & Marinara Sauce	6 All-Beef Hot Dog on a Bun with Sweet Potatoes	7 Personal Pizza
Weekly Alternate: Popcorn Chicken with Dip & a Roll			National Fresh Fruits & Vegetables Month	
10 Chicken Sliders on Buns	11 Pasta & Meatballs with Garlic Bread	12 French Toast Sticks with an Egg Patty	13 Pizza Mania - Assorted Cheese Pizza	14 <b>FLAG DAY</b> <b>HALF DAY NO LUNCH</b>
National Flag Week		Weekly Alternate: Mozzarella Sticks with Marinara Sauce		
17 <b>HALF DAY NO LUNCH</b>	18 <b>HALF DAY NO LUNCH</b>	19 <b>HALF DAY NO LUNCH</b>	20 <b>HALF DAY NO LUNCH</b>	21 <b>NO SCHOOL</b> Summer Begins
24	ENJOY  YOUR <b>SUMMER-BREAK</b>		27	28

**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](http://Payforit.net).**

Payforit parent support phone number is 800-572-6642.

Payforit email is [pfadmin@payforit.net](mailto:pfadmin@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](mailto:comments@pomptonian.com)

"This institution is an equal opportunity provider."

