



DECEMBER WEEHAWKEN

2018

Roosevelt Elementary School
Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Fruits & vegetables from The Farm Stand are included with lunch.		
3 Mozzarella Sticks with Marinara Sauce	4 All-White Meat Chicken Tenders & a Dinner Roll	5 Cheeseburger on a Bun with Oven Fries	6 Chicken & Cheese Quesadilla	7 Personal Pizza
Weekly Alternate: Chicken Patty on a Bun				
10 Baked Chicken Nuggets with a Dinner Roll & Sweet Potatoes	11 TACO TUESDAY Nachos Grande with Turkey Taco Meat, Rice & Scoops Chips	12 Chicken Patty on a Roll	13 HOLIDAY LUNCHEON Cheesesteak Hero with Oven Fries	14 Big Daddy's Pizza – Plain or Pepperoni
Weekly Alternate: Baked Macaroni & Cheese with a Dinner Roll				
17 Pancakes with Syrup & an Egg Patty	18 All-Beef Hot Dog on a Bun with Sweet Potatoes	19 Lasagna Roll-Up with Garlic Bread & Marinara Sauce	20 Personal Pizza	21 First Day of Winter Professional Development Day No School
Weekly Alternate: Popcorn Chicken with Dip & a Roll				
24 	WINTER BREAK			28 Local Butternut Squash
31 				

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

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

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



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

"This institution is an equal opportunity provider."

