

WEEHAWKEN HIGH SCHOOL – MARCH 2018



AVAILABLE DAILY

Monday 5	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 NJ	Egg Salad over Mixed Greens NJ	 Assorted Grab & Go Sandwiches  Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich  Assorted Garden Salads Assorted salads are offered with a Roll Assorted Baked Chips 100-Calorie Snacks Cookies  Poland Spring Water Gatorade G2 Diet Snapple Diet Soda <p><i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i> <i>All Bacon used is Turkey Bacon</i></p>
Tuesday 6	Aloha Chicken Wrap	Taco Tuesday – Seasoned Taco Meat with Lettuce, Salsa & Cheese served with Rice NJ	Turkey BLT Wrap NJ	Grilled Chicken Caesar Salad NJ	
Wednesday 7	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 8	Macaroni & Cheese with a Dinner Roll	Fajita Melt – Sub Roll with Fajita Chicken, Onion, Pepper, Salsa & Pepper Cheddar Cheese	Roast Beef, Lettuce & Cheddar Cheese on a Wrap with Chipotle Sauce NJ	Spinach Salad with Sliced Egg, Onions, Bacon & Cheese NJ	
Friday 9	Big Daddy's Pizza – Plain, Pepperoni or Special	Toss To Order Boneless Chicken Wings with Buffalo or BBQ Sauce & Blue Cheese and Celery	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	

A complete meal includes: Entrée with Protein/Grain, a Trip to The Farm Stand, & a Choice of Milk.

Selections on The Farm Stand are included with lunch. Choose servings of fruit & vegetables from a variety of options daily. 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

"This institution is an equal opportunity provider."



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Daily Dish



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Monday 12	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 & Tomato 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</p> <p>AMERICAN GRILLE</p> <p>FRESH FARMSTAND</p> <p>Assorted Garden Salads Assorted salads are offered with a Roll</p> <p>Assorted Baked Chips 100-Calorie Snacks Cookies</p> <p>Poland Spring Water Gatorade G2 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.</i></p> <p><i>All Bacon used is Turkey Bacon</i></p>
Tuesday 13	Chicken Griller on a 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 14	Wild Wing Wednesday – Assorted Chicken Wings & Sauces with a Roll	Pizza Crunchers with Marinara Sauce	Grilled Chicken Caesar Wrap NJ	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens NJ	
Thursday 15	Chicken Bowl – Mashed Potatoes topped with Corn, Crispy Chicken, Gravy & Cheese with a Roll	All-Beef Hot Dog on a Bun with Baked Beans	Cobb Club – Turkey, Bacon, Tomato & Cheese on a Roll NJ	Roast Beef Salad with Cheddar Cheese, Tomato & Red Onion over Romaine Lettuce with Balsamic Vinaigrette NJ	
Friday 16	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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Monday 19	Chicken Sliders on Buns with Oven Fries	Roasted Vegetable Wrap with Melted Mozzarella Cheese & Garlic Basil Dressing	Turkey BLT on a Kaiser Roll NJ	Grilled Chicken Caesar Salad NJ	 Assorted Grab & Go Sandwiches  Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich  Assorted Garden Salads Assorted salads are offered with a Roll Assorted Baked Chips 100-Calorie Snacks Cookies Poland Spring Water Gatorade G2 Diet Snapple Diet Soda 
Tuesday 20	Sampler - 3 Mozzarella Sticks & 3 Chicken Nuggets	"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 NJ	
Wednesday 21	Pasta & Meatballs with Garlic Bread	Crispy Chicken with Provolone Cheese on a Sub Roll	Chicken Twister – Chicken Wrap with Cheese, Lettuce & Ranch Dressing NJ	BLT Salad – Bacon, Lettuce & Tomato with Cheese over Greens NJ	
Thursday 22	Cuban Sandwich with Ham, Swiss Cheese & Mustard	Buffalo Chicken Smackers with Blue Cheese, Celery Sticks & a Roll	Chicken Club Sandwich with Provolone Cheese, Bacon, Tomato & Garlic Mayonnaise NJ	Homemade Chicken Salad over Mixed Greens NJ	
Friday 23	Big Daddy's Pizza – Plain, Pepperoni or Special	Chicken Capri Sandwich with Marinated Chicken, Roasted Peppers & Balsamic Dressing	Italian Sub – Ham, Salami & Provolone Cheese with Lettuce, Tomato, Oil & Vinegar on a Sub Roll NJ	Chef's Salad – Turkey, Ham, Cheese, Tomato, Cucumber & Hard-Boiled Egg over Greens NJ	

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Monday 26	Nachos Grande with Taco Meat, Rice & Scoops Chips NJ	Grilled Chicken on a Kaiser Roll with Oven Fries	Hot Ham & Cheese Hero	Grilled Chicken Caesar Salad	 Assorted Grab & Go Sandwiches  Chicken Patty on a Bun Burgers on Buns Cheesesteak Hero Spicy Chicken Sandwich  Assorted Garden Salads Assorted salads are offered with a Roll Assorted Baked Chips 100-Calorie Snacks Cookies  Poland Spring Water Gatorade G2 Diet Snapple Diet Soda <i>Prepaid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account.</i> <i>All Bacon used is Turkey Bacon</i>
Tuesday 27	Jersey Sliders – Mini Cheeseburgers on Soft Buns with Caramelized Onions & American Cheese	Crispy Chicken Sandwich on a Kaiser Roll	Grilled Chicken Caesar Wrap NJ	Cobb Salad – Turkey, Bacon, Cheese, Egg & Tomato over Greens NJ	
Wednesday 28	Big Daddy's Strombolis and 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 NJ	
Thursday 29	Professional	Development	Day	No School	
Friday 30	Good	Friday	No	School	

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