

# WEEHAWKEN HIGH SCHOOL

## SEPTEMBER 2021



Daily Dish



# AVAILABLE DAILY

Monday 6	<b>HAPPY LABOR DAY</b>		Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas  All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger & Hamburger on Buns  Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>  <b>Free meals for all students</b>	
Tuesday 7				
Wednesday 8				
Thursday 9	French Toast Sticks	Grilled Cheese Sandwich		
Friday 10	Pizzeria Style Pizza	Grilled Cheese Sandwich		



Allergy Aware menus are available for students with food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at [www.pomptonian.com](http://www.pomptonian.com).

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.

Also available daily: Assorted cold beverages, soups, vegetables & fresh & chilled fruit bowl. All Snacks are in compliance with the State's Guidelines. Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto: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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<b>Monday 13</b>	All-White Meat Chicken Tenders w/ a Split Top Dinner Roll	Pizza Crunchers	  	Assorted Grab & Go Sandwiches	 
<b>Tuesday 14</b>	Pizza Quesadilla	Pizza Crunchers		Assorted Specialty Pizzas	
<b>Wednesday 15</b>	Hamburger or Cheeseburger on a Bun	Pizza Crunchers		All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger & Hamburger on Buns	
<b>Thursday 16</b>	Mini Pancakes w/ Egg Patty	Pizza Crunchers		Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>	
<b>Friday 17</b>	Pizzeria Style Pizza	Pizza Crunchers		 <b>Free meals for all students</b>	



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Daily Dish



AVAILABLE DAILY

Monday 20	Popcorn Chicken w/ a Split Top Dinner Roll	Cheese Lasagna Roll-Up w/ Garlic Bread	 Assorted Grab & Go Sandwiches   All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger & Hamburger on Buns   Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>   <b>Free meals for all students</b>
Tuesday 21	Cheese Stuffed Sticks w/ Marinara Sauce	Cheese Lasagna Roll-Up w/ Garlic Bread	
Wednesday 22	Nachos Grande w/ Beef, Cheese, Brown Rice & Tortilla Chips	Cheese Lasagna Roll-Up w/ Garlic Bread	
Thursday 23	General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	10	
Friday 24	Pizzeria Style Pizza	Cheese Lasagna Roll-Up w/ Garlic Bread	

PIZZA ZONE

Daily Dish

FOOD ALLERGIES

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### AVAILABLE DAILY

<b>Monday 27</b>	Boneless Chicken Wings w/ a Split Top Dinner Roll	Pizza Boli	  	Assorted Grab & Go Sandwiches	 
<b>Tuesday 28</b>	Grilled Cheese Sandwich	Pizza Boli		Assorted Specialty Pizzas	
<b>Wednesday 29</b>	Cheesesteak Hero	Pizza Boli		All-White Meat Chicken Tenders with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger & Hamburger on Buns	
<b>Thursday 30</b>	Cheesesteak Hero	Pizza Boli		Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>	
<b>Friday 10/1</b>	Pizzeria Style Pizza	Pizza Boli		 <b>Free meals for all students</b>	



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