



# 2021-2022

## Weehawken School District

### GLUTEN-SAFE MENU Only with documented allergy

**GLUTEN-FREE STUDENTS MUST ORDER FROM THIS MENU ONLY**

- Mondays (M)** All-Natural Chicken Tenders w/ Tortilla Rounds
- Tuesdays (T)** Sabrett All-Beef Hot Dog on a Gluten-Free Bun
- Wednesdays (W)** Grilled Chicken Sandwich
- Thursdays (TH)** Hamburger on a Gluten-Free Bun
- Fridays (F)** Cheese Pizza

**A Complete Lunch Includes:**  
 Entrée (with Protein/Grain)  
**Fruit/Vegetable**  
 Milk

- Available Daily 1** Hummus Bento Box w/ Tortilla Rounds
- Available Daily 2** Turkey & Cheese Sandwich
- Available Daily 3** Ham & Cheese Sandwich

**Important consideration when deciding to participate in Gluten-Safe school lunch offerings:**

Pomptonian’s staff prepares and cooks a wide variety of meals and does not have separate equipment and space for gluten-safe (GS) meal preparation. To minimize the chance for cross-contamination, the GS items that are available for pre-order, are prepared by trained staff with, as per the manufacturer’s label, gluten-safe ingredients.

**Cut at this line and keep the above menu portion for your reference.**  
*Please submit lunch forms promptly. Late submissions may not be properly recorded.*

“This institution is an equal opportunity provider.”

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Please use the numbers/codes listed above to indicate your selections *for the month* on the order form below and return it by 1 week prior in an envelope to your school cafeteria. It is important to go over the menu with your child. If your student is going to be absent on a day that lunch was ordered, please call the Food Service Director at 201-422-6145x2020 between 8:00 & 8:30 a.m. the morning the student is to be absent.

MONTH:	MON	TUE	WED	THU	FRI
Week of:					
Week of:					
Week of:					
Week of:					
Week of:					

STUDENT’S NAME \_\_\_\_\_

GRADE/TEACHER \_\_\_\_\_

SCHOOL \_\_\_\_\_

PARENT/GUARDIAN PHONE # \_\_\_\_\_

PARENT/GUARDIAN E-MAIL \_\_\_\_\_

NUMBER OF MEALS SELECTED \_\_\_\_\_

**NOTE TO FREE LUNCH RECIPIENTS:** If you plan to participate in the lunch program, you **must** fill out and return this form.