



WEEHAWKEN HIGH SCHOOL – OCTOBER 2021



Free meals for all students



Daily Dish



AVAILABLE DAILY

Monday 4	All-White Meat Chicken Tenders w/ a Split top Dinner Roll	Pasta w/ Meatballs & Garlic Bread	<i>Deli Central</i>	Assorted Grab & Go Sandwiches	
Tuesday 5	Baked Ziti w/ Garlic Bread	Chicken Twister Wrap-Breaded Chicken, Lettuce & Tomato w/ Ranch Dressing		Assorted Specialty Pizzas	PIZZA ZONE
Wednesday 6	All-Beef Hot Dog on a Bun	Pasta w/ Chicken, Broccoli, Garlic & Oil w/ Garlic Bread	AMERICAN GRILLE	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	
Thursday 7	Chicken Teriyaki w/ Vegetable Fried Rice & Fortune Cookie	Pastrami Ruben on Rye	FRESH FARMISTAND	Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>	<i>Daily Dish</i>
Friday 8	Assorted Pizza	Hot Ham & Cheese Hero		Weekly Alternates: Cheese Ravioli w/ Marinara Sauce & a Dinner Roll	



Allergy Aware menus are available for students w/ food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ 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 w/ the State's Guidelines. Your comments are important to us. Please e-mail us at comments@pomptonian.com. Menu Subject to Change



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

"This institution is an equal opportunity provider."





WEEHAWKE HIGH SCHOOL – OCTOBER 2021



Free meals for all students



Daily Dish

AMERICAN GRILLE

AVAILABLE DAILY

Monday 11	COLUMBUS DAY NO SCHOOL	COLUMBUS DAY NO SCHOOL	<i>Deli Central</i>	Assorted Grab & Go Sandwiches	
Tuesday 12	Macaroni & Cheese w/ a Split Top Dinner Roll	Chicken Patty with Bacon, Cheddar Cheese & BBQ sauce on Kaiser Roll		Assorted Specialty Pizzas	PIZZA ZONE
Wednesday 13	Nachos Grande w/ Beef, Cheese, Brown Rice & Tortilla Chips	Pasta w/ Chicken, Broccoli, Garlic & Oil w/ Garlic Bread	AMERICAN GRILLE	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	
Thursday 14	Cinnamon-Glazed French Toast Sticks	Pastrami Ruben on Rye	FRESH FARMISTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered with a Roll	<i>Daily Dish</i>
Friday 15	PIZZAMANIA	Hot Ham & Cheese Hero			

FOOD ALLERGIES

Allergy Aware menus are available for students w/ food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ 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 w/ the State's Guidelines. Your comments are important to us. Please e-mail us at comments@pomptonian.com. Menu Subject to Change



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

"This institution is an equal opportunity provider."





WEEHAWKE HIGH SCHOOL – OCTOBER 2021



Free meals for all students



AVAILABLE DAILY

Monday 18	Breaded Chicken on a Bun	Cheesy Baked Ziti w/ Garlic Bread	Deli Central	Assorted Grab & Go Sandwiches	PIZZA ZONE
Tuesday 19	Breaded Mozzarella Sticks	Chicken Twister Wrap-Breaded Chicken, Lettuce & Tomato w/ Ranch Dressing		Assorted Specialty Pizzas	
Wednesday 20	Pasta w/ Meatballs & a Split Top Dinner Roll	Pasta w/ Chicken, Broccoli, Garlic & Oil w/ Garlic Bread	AMERICAN GRILLE	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	Daily Dish
Thursday 21	Sweet & Sour Chicken w/ Vegetable Fried Rice & Fortune Cookie	Pastrami Ruben on Rye	FRESH FARMISTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered with a Roll	
Friday 22	Assorted Pizza	Hot Ham & Cheese Hero			



Allergy Aware menus are available for students w/ food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ 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 w/ the State's Guidelines. Your comments are important to us. Please e-mail us at comments@pomptonian.com. Menu Subject to Change



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

"This institution is an equal opportunity provider."





WEEHAWKE HIGH SCHOOL – OCTOBER 2021



Free meals for all students



AVAILABLE DAILY

Monday 25	All-White Meat Chicken Tenders w/ a Split Top Dinner Roll	Pasta w/ Meatballs & Garlic Bread	<i>Deli Central</i>	Assorted Grab & Go Sandwiches	
Tuesday 26	100% Beef Burger or Cheeseburger on a Bun	Chicken Twister Wrap-Breaded Chicken, Lettuce & Tomato w/ Ranch Dressing		Assorted Specialty Pizzas	PIZZA ZONE
Wednesday 27	Mini Pancakes w/ Egg Patty	Pasta w/ Chicken, Broccoli, Garlic & Oil w/ Garlic Bread	AMERICAN GRILLE	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	
Thursday 28	CELEBRATE HALLOWEEN! Mummy Hot Dog w/ Ghostly Mashed Potatoes or Boo Burger w/ Monster Cheese Halloween Pretzel	Pastrami Ruben on Rye	FRESH FARMISTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered with a Roll	<i>Daily Dish</i>
Friday 29	PIZZAMANIA	Hot Ham & Cheese Hero			



Allergy Aware menus are available for students w/ food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

Fruits & vegetables from The Farm Stand are included w/ lunch. **A complete meal includes:** Entrée w/ 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 w/ the State's Guidelines. Your comments are important to us. Please e-mail us at comments@pomptonian.com. Menu Subject to Change



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

"This institution is an equal opportunity provider."

