

WEEHAWKEN HIGH SCHOOL -OCTOBER 2021









AVAILABLE DAILY

Monday 4	All-White Meat Chicken Tenders w/ a Split top Dinner Roll	Pasta w/ Meatballs & Garlic Bread	
Tuesday 5	Baked Ziti w/ Garlic Bread	Chicken Twister Wrap-Breaded Chicken, Lettuce & Tomato w/ Ranch Dressing	
Wednesday 6	All-Beef Hot Dog on a Bun	Pasta w/ Chicken, Broccoli, Garlic & Oil w/ Garlic Bread	
Thursday Chicken Teriyaki w/ Vegetable Fried Rice & Fortune Cookie		Pastrami Ruben on Rye	
Friday 8	Assorted Pizza	Hot Ham & Cheese Hero	
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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 Assorted salad selections are offered with a Roll

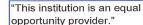
Weekly Alternates: Cheese Ravioli w/ Marinara Sauce & a Dinner Roll

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



opportunity provider."







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Available Daily

Monday 11	COLUMBUS DAY NO SCHOOL	COLUMBUS DAY NO SCHOOL	Deli Central	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	Merrican	All \A/L:4+ Ma+4 OL:41-4- T+4-1-444- E-4-4	PIZZA
Wednesday 13	Nachos Grande w/ Beef, Cheese, Brown Rice & Tortilla Chips	Pasta w/ Chicken, Broccoli, Garlic & Oil w/ Garlic Bread	American Grille	Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger & Hamburger on Buns	Daily .
Thursday 14	Cinnamon-Glazed French Toast Sticks	Pastrami Ruben on Rye	FRESH FARMSTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered with a Roll	Dish
Friday 15	PIZZAMANIA	Hot Ham & Cheese Hero			

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Monday 18	Breaded Chicken on a Bun	Cheesy Baked Ziti w/ Garlic Bread	
Tuesday 19	Breaded Mozzarella Sticks	Chicken Twister Wrap-Breaded Chicken, Lettuce & Tomato w/ Ranch Dressing	
Wednesday 20	Pasta w/ Meatballs & a Split Top Dinner Roll	Pasta w/ Chicken, Broccoli, Garlic & Oil w/ Garlic Bread	
Thursday 21	Sweet & Sour Chicken w/ Vegetable Fried Rice & Fortune Cookie	Pastrami Ruben on Rye	
Assorted Pizza Friday 22		Hot Ham & Cheese Hero	

Assorted Grab & Go Sandwiches

Assorted Specialty Pizzas

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

FRESH

Assorted Grab & Go Salad Specials Assorted salad selections are offered with a Roll

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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	Deli Central	Assorted Grab & Go Sandwiches	
Tuesday 26	100% Beef Burger or Cheeseburger on a Bun	Chicken Twister Wrap-Breaded Chicken, Lettuce & Tomato w/ Ranch Dressing	Mardiran	All Milita Maat Obialian Tanalanaitla Daiaa	PIZZA
Wednesday 27	Mini Pancakes w/ Egg Patty	Pasta w/ Chicken, Broccoli, Garlic & Oil w/ Garlic Bread	American Grille	Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger & Hamburger on Buns	Daily
Thursday 28	CELEBRATE HALLOWEEN! Mummy Hot Dog w/ Ghostly Mashed Potatoes or Boo Burger w/ Monster Cheese Halloween Pretzel	Pastrami Ruben on Rye	FRESH FARMSTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered with a Roll	Dish
Friday 29	PIZZAMANIA	Hot Ham & Cheese Hero			
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