

WEEHAWKEN HIGH SCHOOL – DECEMBER 2021



All students receive
one free meal per day



Daily
Dish

AVAILABLE DAILY

		<i>Deli Central</i>	Assorted Grab & Go Sandwiches	
			Mozzarella Sticks OR Pizza Cheese Crunchers Grilled Cheese Sandwich All-White Meat Chicken with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger & Hamburger on Buns	<i>AMERICAN GRILLE</i>
Wednesday 1	Pasta w/ Meatballs & a Split Top Dinner Roll			
Thursday 2	Sweet & Sour Chicken w/ Vegetable Fried Rice & Fortune Cookie	<i>FRESH FARMISTAND</i>	Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>	
Friday 3	Assorted Pizza			



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. 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. Product substitutions may occur due to supply chain disruptions as a result of COVID-19



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

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Monday 6	3-Cheese Cavatappi Pasta w/ a Split Top Dinner Roll	Deli Central	Assorted Grab & Go Sandwiches
Tuesday 7	BBQ Pork Hero w/ Cornbread		Mozzarella Sticks OR Pizza Cheese Crunchers Grilled Cheese Sandwich All-White Meat Chicken with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger & Hamburger on Buns
Wednesday 8	100% Beef Burger or Cheeseburger on a Bun		
Thursday 9	Chicken & Rice	FRESH FARMISTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered with a Roll
Friday 10	Assorted Pizza		

AMERICAN
GRILLE



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Monday 13	Popcorn Chicken w/ a Split Top Dinner Roll	Deli Central	Assorted Grab & Go Sandwiches	AMERICAN GRILLE
Tuesday 14	Lasagna Roll-up w/ Marinara Sauce & Garlic Bread		Mozzarella Sticks OR Pizza Cheese Crunchers Grilled Cheese Sandwich All-White Meat Chicken with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger & Hamburger on Buns	
Wednesday 15	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops			
Thursday 16	Holiday Luncheon Deconstructed Chicken Pot Pie w/ a Biscuit & Holiday Giveaway	FRESH FARMISTAND	Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>	
Friday 17	Assorted Pizza			



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Monday 20	Boneless Chicken Wings w/ "Our Secret" Mac & Cheese	 <p>Assorted Grab & Go Sandwiches</p>	
Tuesday 21	Hot Ham & Cheese Hero		
Wednesday 22	Assorted Pizza		
Thursday 23	HALF DAY NO LUNCH	 <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i></p>	
Friday 24	NO SCHOOL		



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Monday 27		<i>Deli Central</i>	Assorted Grab & Go Sandwiches	
Tuesday 28			Mozzarella Sticks OR Pizza Cheese Crunchers Grilled Cheese Sandwich All-White Meat Chicken with Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Cheeseburger & Hamburger on Buns	<i>AMERICAN GRILLE</i>
Wednesday 29	<i>WINTER BREAK</i>			
Thursday 30		<i>FRESH FARMISTAND</i>	Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered with a Roll</i>	
Friday 31				



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