








JANUARY 2021

Weehawken Public Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Free meals for all students*</p>	 <p><u>Take Home Meal Storage and Handling Instructions</u></p>		NO SCHOOL	1
4 Chicken Nuggets w/ a Dinner Roll Vegetable & Fruit	5 Turkey Sandwich Vegetable & Fruit	6 Waffle Pouch w/ Egg Patties Vegetable & Fruit	7 Chicken Patty on a Bun w/ French Fries & Fruit	8 Pizza Vegetable & Fruit
11 Popcorn Chicken Vegetable & Fruit  <p>Free Cookie w/ Lunch</p>	12 Meatballs w/ Cheese & Garlic Bread Vegetable & Fruit	13 French Toast Sticks Vegetable & Fruit	14 Boneless Chicken Wings w/ French Fries, a Dinner Roll & Fruit	15 Pizza Vegetable & Fruit
18 NO SCHOOL 	19 Chicken Nuggets w/ French Fries, a Dinner Roll & Fruit	20 Fish Sticks Dinner Roll Vegetable & Fruit	21 General Tso's Chicken w/ Vegetable Fried Rice Vegetable & Fruit  <p>Free Cookie w/ Lunch</p>	22 Personal Pizza Vegetable & Fruit
25 Chicken Patty on a Bun Vegetable & Fruit	26 Cheeseburger on a Bun w/ French Fries & Fruit	27 Pancake Pouch w/ Egg Patties Vegetable & Fruit	28 Pulled Pork Tater Tots, a Dinner Roll & Fruit	29 Pizza Vegetable & Fruit

Contact your cafeteria for **Alternate Vegetarian Options**

A Complete Lunch Includes:
Protein, Grain, Vegetable, Fruit & Milk

Menu Subject to Change



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.



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



***USDA approved until further notice**

"This institution is an equal opportunity provider."