







TENAFLY HIGH & MIDDLE SCHOOL –

April 2024



AVAILABLE DAILY

Monday 1	NO SCHOOL APRIL BREAK	NO SCHOOL APRIL BREAK	 Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas   <ul style="list-style-type: none"> ◆ All-White Meat Chicken Tenders w/ Fries ◆ Crispy Chicken Fillet on a Kaiser Roll ◆ Spicy Chicken Fillet on a Kaiser Roll Mozzarella Sticks  Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt  Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i> ◆ Premium Item
Tuesday 2	NO SCHOOL APRIL BREAK	NO SCHOOL APRIL BREAK	
Wednesday 3	NO SCHOOL APRIL BREAK	NO SCHOOL APRIL BREAK	
Thursday 4	NO SCHOOL APRIL BREAK	NO SCHOOL APRIL BREAK	
Friday 5	NO SCHOOL APRIL BREAK	NO SCHOOL APRIL BREAK	



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 & a Choice of Milk.

Also available daily: Assorted cold beverages, soups, vegetables & fresh & chilled fruit bowl.

Your comments are important to us. Please e-mail us at comments@pomptonian.com.

Menu Subject to Change.



TENAFLY HIGH & MIDDLE SCHOOL –







April 2024



Daily Dish



AVAILABLE DAILY

Monday 8	Chicken Quesadilla w/ Guacamole, Pico de Gallo & Sour Cream	All-Beef Hot Dog on a Bun w/ Chili & Cheese	 Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas     Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll Premium Item
Tuesday 9	Empanadas w/ Rice & Beans	◆ Grilled Chicken Gyro w/ Lettuce, Tomato & Tzatziki Sauce	
Wednesday 10	Belgian Waffle w/ Turkey Bacon or Chicken Tenders	Sausage, Egg & Cheese on a Bagel	
Thursday 11	Chicken Parmesan on Bun w/ Egg Noodles & Mixed Vegetables	◆ General Tso's Chicken over Vegetable Fried Rice w/ Fortune Cookie	
Friday 12	◆ Hawaiian Pizza	◆ Grilled Chicken Panini w/ Balsamic Vinaigrette, Shredded Mozzarella Cheese & Roasted Red Peppers	



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 & a Choice of Milk.

Also available daily: Assorted cold beverages, soups, vegetables & fresh & chilled fruit bowl.

Your comments are important to us. Please e-mail us at comments@pomptonian.com.

Menu Subject to Change.








TENAFLY HIGH & MIDDLE SCHOOL – April 2024



Daily Dish



AVAILABLE DAILY

Monday 15	Eggplant Parmesan w/ a side of Pasta	◆ Double Cheeseburger on a Bun w/ Lettuce, Tomato & Pickle served w/ Potato Tots	 Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas  ◆ All-White Meat Chicken Tenders w/ Fries ◆ Crispy Chicken Fillet on a Kaiser Roll ◆ Spicy Chicken Fillet on a Kaiser Roll Mozzarella Sticks  Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt  Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 16	Grilled Cheese Wedges w/ Tomato Soup	Chicken, Salsa Verde & Cheese Tamale	
Wednesday 17	Pancakes w/ Turkey Sausage & Applesauce	◆ Crispy Chicken, Bacon, Cheddar Cheese on a Wrap	
Thursday 18	Hard-Shell Chicken or Beef Tacos w/ Rice & Beans & Corn Salsa	◆ Chicken Parmesan Fillet On a Roll	
Friday 19	◆ Vegetarian Pizza	◆ Grilled Chicken Hero w/ Avocado, Lettuce & Tomato	



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 & a Choice of Milk.

Also available daily: Assorted cold beverages, soups, vegetables & fresh & chilled fruit bowl.

Your comments are important to us. Please e-mail us at comments@pomptonian.com.

Menu Subject to Change.



TENAFLY HIGH & MIDDLE SCHOOL –


April 2024



Daily Dish

AMERICAN GRILLE

AVAILABLE DAILY

Monday 22	Barbecue Chicken w/ Cowboy Brown Rice & Mediterranean Tabbouleh Bento Box (Sorghum Tabbouleh Sample)	Boneless Chicken Wings w/ a Split Top Dinner Roll -Or- Falafel w/ a Dinner Roll	<p><i>Deli Central</i></p> <p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p>  <p>Assorted Specialty Pizzas</p> <p>AMERICAN GRILLE</p> <ul style="list-style-type: none"> ◆ All-White Meat Chicken Tenders w/ Fries ◆ Crispy Chicken Fillet on a Kaiser Roll ◆ Spicy Chicken Fillet on a Kaiser Roll <p>Mozzarella Sticks</p> <p><i>Daily Dish</i></p> <p>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt</p> <p>FRESH FARMISTAND</p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>◆ Premium Item</p>
Tuesday 23	Empanadas w/ Rice & Beans	◆ Hot Open Faced Roast Beef on White Bread w/ Gravy & Mashed Potatoes	
Wednesday 24	Chicken & Cheddar Cheese Burrito w/ Salsa, Brown Rice & Black Beans	◆ Italian Sausage or Meatballs Over Pasta w/ Marinara Sauce	
Thursday 25	Macaroni & Cheese w/ Broccoli w/ Local Gold Rush Apple	◆ Tomato & Fresh Mozzarella Cheese Caprese Panini w/ a Tossed Salad	
Friday 26	◆ Meatlover's Pizza	Local Spinach, Mozzarella & Tomato Panini	



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 & a Choice of Milk.

Also available daily: Assorted cold beverages, soups, vegetables & fresh & chilled fruit bowl.

Your comments are important to us. Please e-mail us at comments@pomptonian.com.






Menu Subject to Change.



TENAFLY HIGH & MIDDLE SCHOOL – April/May 2024



AVAILABLE DAILY

Monday 29	Chicken & Waffles	◆ Chicken Fillet w/ Turkey Bacon on a Kaiser Roll	 Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas  ◆ All-White Meat Chicken Tenders w/ Fries ◆ Crispy Chicken Fillet on a Kaiser Roll ◆ Spicy Chicken Fillet on a Kaiser Roll Mozzarella Sticks  Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt  Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 30	3-Cheese Cavatappi Pasta w/ a Split Top Dinner Roll	◆ Triple-Decker Monte Cristo	
Wednesday 1	Cinnamon-Glazed French Toast Sticks w/ Syrup & Turkey Sausage	◆ General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	
Thursday 2	Cheese Ravioli w/ Marinara Sauce	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll	
Friday 3	◆ Everything Pizza w/ a Tossed Salad	Meatball Parmesan on a 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 & a Choice of Milk.

Also available daily: Assorted cold beverages, soups, vegetables & fresh & chilled fruit bowl.

Your comments are important to us. Please e-mail us at comments@pomptonian.com.

Menu Subject to Change.

