







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.

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Menu Subject to Change.



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AVAILABLE DAILY

Monday 6	Popcorn Chicken w/ a Split Top Dinner Roll & Corn -Or- Plant-Based Nuggets w/ a Dinner Roll	◆ Chicken Fillet w/ Turkey Bacon on a Kaiser 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>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt</p> <p>FRESH FARMISTAND</p> <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p>◆ Premium Item</p> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p>
Tuesday 7	Beef Enchilada w/ Local Scallions and Rice & Beans	BBQ Beef Rib on a Hero	
Wednesday 8	Homemade Baked Ziti w/ a Split Top Dinner Roll	◆ Chicken Parmesan Fillet over Pasta	
Thursday 9	Pizza Quesadilla & Local Applesauce	◆ Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries	
Friday 10	◆ Sausage & Pepper Pizza	◆ Arizona Grilled Chicken Club Sandwich w/ Bacon & Honey Mustard	



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Daily Dish



AVAILABLE DAILY

Monday 13	Breaded Chicken Bowl w/ Quinoa & Brown Rice -Or- Falafel Bowl w/ Quinoa & Brown Rice	◆ California Chicken Fillet w/ Lettuce & Tomato on a Kaiser	<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 ◆ Mozzarella Sticks <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>	<p>PIZZA ZONE</p> <p><i>Daily Dish</i></p>
Tuesday 14	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops -Or- Sweet Potato, Corn & Black Bean Nachos	◆ 3-Cheese Grilled Cheese Sandwich on Texas Toast w/ Tomato Soup		
Wednesday 15	French Bread Pizza w/ Chicken Noodle Soup	◆ Baked Potato w/ Toppings Bar Including Chili, Cheddar Cheese, Sour Cream and Bacon		
Thursday 16	Chicken Fiesta Bowl w/ Black Beans, Peppers & Onions	◆ Grilled Chicken Panini w/ Roasted Peppers & Provolone Cheese		
Friday 17	◆ Buffalo Chicken Pizza	Buffalo Chicken Twister w/ Lettuce & Tomato		



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Monday 20	Chicken Quesadilla w/ Guacamole, Pico de Gallo & Sour Cream	All-Beef Hot Dog on a Bun w/ Chili & Cheese	<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 ◆ Mozzarella Sticks <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> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p>
Tuesday 21	Empanadas w/ Rice & Beans	◆ Grilled Chicken Gyro w/ Lettuce, Tomato & Tzatziki Sauce	
Wednesday 22	Belgian Waffle w/ Turkey Bacon or Chicken Tenders	Sausage, Egg & Cheese on a Bagel	
Thursday 23	Chicken Parmesan on Bun w/ Egg Noodles & Mixed Vegetables	◆ General Tso's Chicken over Vegetable Fried Rice w/ Fortune Cookie & Fruit Ice Pop	
Friday 24	No School Memorial Day Break	No School Memorial Day Break	



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AVAILABLE DAILY

Monday 27	No School Memorial Day Break	No School Memorial Day 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 Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 28	No School Memorial Day Break	No School Memorial Day Break	
Wednesday 29	Pancakes w/ Turkey Sausage & Applesauce	◆ Crispy Chicken, Bacon, Cheddar Cheese on a Wrap	
Thursday 30	Hard-Shell Chicken or Beef Tacos w/ Rice & Beans & Corn Salsa	◆ Chicken Parmesan Fillet On a Roll	
Friday 31	◆ Vegetarian Pizza	◆ Grilled Chicken Hero w/ Avocado, Lettuce & Tomato	



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