TENAFLY HIGH & MIDDLE SCHOOL -April/May 2024







AVAILABLE DAILY

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Monday 29	Chicken & Waffles	Chicken Fillet w/ Turkey Bacon on a Kaiser Roll
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

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Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches



Assorted Specialty Pizzas



GRILLE

- 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





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 -May 2024







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
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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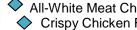
Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches



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



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Menu Subject to Change.



TENAFLY HIGH & MIDDLE SCHOOL – May 2023







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
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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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
- Crispy Chicken Fillet on a Kaiser Roll
 Spicy Chicken Fillet on a Kaiser Roll
 Mozzarella Sticks

Daily Dish

Fresh Fruit & Yogurt Parfaits
Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt



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TENAFLY HIGH & MIDDLE SCHOOL – May 2024







AVAILABLE DAILY

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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
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



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
- Crispy Chicken Fillet on a Kaiser RollSpicy Chicken Fillet on a Kaiser Roll

Mozzarella Sticks

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Fresh Fruit & Yogurt Parfaits
Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt



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TENAFLY HIGH & MIDDLE SCHOOL – May 2024







AVAILABLE DAILY

Monday 27	No School Memorial Day Break	No School Memorial Day Break
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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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



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Premium Item



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