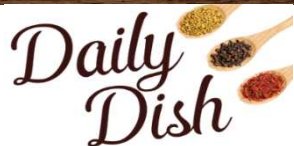


TENAFLY HIGH SCHOOL – December 2017



Monday 4	Cheese Ravioli Marinara & Garlic Bread	Jersey Sliders – Mini Cheeseburgers on Soft Wheat Buns w/ Caramelized Onion & American Cheese	Fresh Mozzarella Cheese w/ Roasted Peppers, Tomato & Basil	Italian Salad w/ Sweet Onion Dressing	Broccoli Pizza	Stir-Fried Chicken & Vegetables over Rice
Tuesday 5	Breakfast at Lunch French Toast Sticks with Sausage Patty or Sausage, Egg & Cheese on a Roll	Meatball Sandwich w/ Tomato Sauce on a Whole Wheat Hoagie	Roast Beef & Swiss on a Multi-Grain Bun w/ Horseradish Mayo	Mixed Salad Greens w/ Sliced Eggs, Cheese & Russian Dressing	Pizzeria Pizza	Spicy Breaded Chicken Breast over Seasoned Orzo & Tomatoes
Wednesday 6	Chicken Patty w/ Lettuce, Tomato & Pickle on a Bun w/ Sweet Potato Fries	Fish Filet Sandwich w/ Lettuce & Tomato on a Whole Wheat Bun w/ Tartar Sauce	Greek-Style Salad in a Whole Wheat Pita w/ Herbed Yogurt Dressing	Chicken Caesar Salad	Vegetable Pizza	Garlic Marinated Cuban Roast Pork Loin with Black Beans & Rice
Thursday 7	Philly Cheesesteak Peppers, Onions & Cheese Sauce on a Sub Roll	Barbecue Pulled Pork on a Whole Wheat Wrap	Roasted Vegetables in a Whole Wheat Pita	Chef's Salad w/ Ham, Turkey Breast & Cheese over Fresh Greens	Barbecue Chicken Calzone	Build Your Own Burrito Seasoned Beef, Beans, Salsa & Sour Cream
Friday 8	Turkey Burger Deluxe with Ranch Cut Potatoes	Buffalo Chicken Nuggets w/ a Whole Wheat Club Roll	Grilled Chicken Caesar Wrap made on a Whole Grain Tortilla	Chicken Salad over Fresh Spinach	White Pizza w/ Broccoli Rabe	Baked Ziti with Garlic Bread
AVAILABLE DAILY		Chicken Nuggets Chicken Patties on Buns Burgers on Buns Mozzarella Sticks Grilled Chicken Sandwich Gardenburger on a Bun	Boar's Head Made-to-Order Deli Bar 	Chef's Deli Salad Garden Salad Tossed Salad Assorted Salad Selections offered w/ a Whole Wheat Club Roll	Cheese Pizza	 Proud to feature products when available AS FRESH AS FRESH GETS



A complete meal includes: Entrée with Protein/Grain, a Trip to The Farm Stand, & a Choice of Milk. Selections on The Farm Stand are included with lunch. Choose servings of fruit & vegetables from a variety of options daily. Also available daily: Assorted cold beverages, soups, fresh & chilled fruit bowl. All Snacks are in compliance with the State's Guidelines. Menu Subject to Change Your comments are important to us. Please e-mail us at comments@pomptonian.com.



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Monday 11	Chicken Bowl – Mashed Potatoes topped w/ Corn, Crispy Chicken, Gravy & Cheese w/ a Roll	Hamburger w/ Russian Dressing, Lettuce & Tomato on a Whole Wheat Bun	Roasted Vegetables in a Whole Wheat Pita	Cheese Tortellini Antipasto Salad	Bacon & Onion White Pizza	Nachos Platter Seasoned Beef, Cheese Sauce & Salsa with Mexican Rice
Tuesday 12	Crispy Battered Fish & Chips (Ranch Cut Fries) w/Tartar Sauce	Multi-Grain French Toast Sticks w/ Sausage	Fresh Smoked Ham & Turkey on a Multi-Grain Bun	Mixed Salad Greens w/ Russian Dressing	Pizzeria Pizza	Hawaiian Chicken with Pineapple over rice
Wednesday 13	<i>Holiday Lunch</i>					
Thursday 14	Grilled Breast of Chicken w/ Roasted Vegetables, Potatoes	Chicken Gyro Hero w/ Tzatziki Sauce, Lettuce & Tomato	Boar's Head Pastrami Sandwich w/ Russian Dressing on Multi-Grain Bread	Florentine Salad - Fresh Spinach with Red Onion, Sliced Mushrooms & Diced Ham	Grilled Chicken Pizza	Spaghetti Marinara with Meatballs
Friday 15	Teriyaki Meatballs with Fried Rice	Mexican Burger on a Bun w/ Lettuce, Tomato & Salsa	Boar's Head Cheese Sandwich on Multi-Grain Bread	Chopped Greek Salad w/ Chicken	Beef Taco Pizza	Chicken Fajita Peppers, Onions, Salsa & Sour Cream on a Tortilla
AVAILABLE DAILY		Chicken Nuggets Chicken Patties on Buns Burgers on Buns Mozzarella Sticks Grilled Chicken Sandwich Gardenburger on a Bun	Boar's Head Made-to-Order Deli Bar 	Chef's Deli Salad Garden Salad Tossed Salad Assorted Salad Selections offered w/ a Whole Wheat Club Roll	Cheese Pizza	 <small>Proud to feature products when available</small> <small>As Fresh As Fresh Gets</small>



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Monday 18	Spicy Chicken Sandwich Deluxe Seasoned Waffle Fries	"Firecracker" Spicy Chicken Wrap – Spicy Chicken, Jack Cheese, Lettuce, Tomato & Ranch Dressing in a Wrap	Aloha Chicken Wrap	Taco Salad w/ SPICY Corn & Tomato Salsa	Mexican Pizza	Barbecued Ribs over Southwestern Rice
Tuesday 19	Taco Roni Spicy Mac & Cheese with Southwestern Seasoned Beef	Hot Roast Beef Wrap w/ Peppers & Onions	Boar's Head Ham & Provolone Sandwich on a Whole Wheat Hero	Mixed Salad Greens w/ Sliced Eggs, Cheese & Russian Dressing	Pizzeria Pizza	Chicken Parmesan Served with Pasta
Wednesday 20	Wild Wing Wednesday – Assorted Chicken Wings with Dipping Sauces & a Roll	"Jersey Shore" Cheesesteak Hero w/ Onions & Peppers	Boar's Head Roast Beef & Sweet Peppers on a Multi-Grain Roll	Cobb Salad - Chicken, Tomatoes & Avocado, Low-Fat Bleu Cheese Dressing	Veggie Pizza	Sausage, Peppers & Onion Hero
Thursday 21	All American Hot Dog Bar (1) Sauerkraut, Cheese Sauce & Red Sauce Onions	Pizza Crunchers	Boar's Head Turkey Club on Multi-Grain Bread	Marinated Chicken over Mixed Greens w/ Mandarin Oranges	Tomato & Onion Pizza	General Tso's Chicken & Broccoli over Rice
Friday 22	<p><i>Early Dismissal - No Food Services</i></p> <p><i>Holiday Break December 25 to January 1</i></p> <p><i>See you Tuesday, January 2, 2018</i></p>					
AVAILABLE DAILY		Chicken Nuggets Chicken Patties on Buns Burgers on Buns Mozzarella Sticks Grilled Chicken Sandwich Gardenburger on a Bun	Boar's Head Made-to-Order Deli Bar 	Chef's Deli Salad Garden Salad Tossed Salad Assorted Salad Selections offered w/ a Whole Wheat Club Roll	Cheese Pizza	



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