







TENAFLY HIGH & MIDDLE SCHOOL – March/April 2025



AVAILABLE DAILY

Monday 31	Chicken Quesadilla w/ Guacamole, Pico de Gallo & Sour Cream	All-Beef Hot Dog on a Bun w/ Chili & Cheese	 Made-to-Order Dietz & Watson 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 & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 1	Empanadas w/ Rice & Beans	◆ Grilled Chicken Gyro w/ Lettuce, Tomato & Tzatziki Sauce	
Wednesday 2	Belgian Waffle w/ Turkey Bacon or Chicken Tenders	Sausage, Egg & Cheese on a Bagel	
Thursday 3	Chicken Parmesan on Bun w/ Egg Noodles & Mixed Vegetables	◆ General Tso's Chicken over Vegetable Fried Rice w/ Fortune Cookie	
Friday 4	◆ Hawaiian Pizza	◆ Grilled Chicken Panini w/ Balsamic Vinaigrette, Shredded Mozzarella Cheese & Roasted Red Peppers	



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 2025



Daily Dish

AMERICAN GRILLE

AVAILABLE DAILY

Monday 7	Eggplant Parmesan w/ a side of Pasta	◆ Double Cheeseburger on a Bun w/ Lettuce, Tomato & Pickle served w/ Potato Tots	 Made-to-Order Dietz & Watson 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 & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 8	Grilled Cheese Wedges w/ Tomato Soup	Pulled Pork Sliders on Buns w/ Baked Beans	
Wednesday 9	Pancakes w/ Turkey Sausage & Applesauce	◆ Crispy Chicken, Bacon, Cheddar Cheese on a Wrap	
Thursday 10	Hard-Shell Chicken or Beef Tacos w/ Rice & Beans & Corn Salsa	◆ Chicken Parmesan Fillet on a Roll	
Friday 11	◆ Vegetarian Pizza	◆ Grilled Chicken Hero w/ Avocado, Lettuce & Tomato	



FOOD ALLERGIES

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TENAFLY HIGH & MIDDLE SCHOOL –

April 2025



AVAILABLE DAILY

Monday 14	Spring Break School Closed	Spring Break School Closed	 <p>Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches</p>  <p>Assorted Specialty Pizzas</p>  <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 & Yogurt</p>  <p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>◆ Premium Item</p> </p></p>
Tuesday 15	Spring Break School Closed	Spring Break School Closed	
Wednesday 16	Spring Break School Closed	Spring Break School Closed	
Thursday 17	Spring Break School Closed	Spring Break School Closed	
Friday 18	Spring Break School Closed	Spring Break School Closed	



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TENAFLY HIGH & MIDDLE SCHOOL – April 2025



AVAILABLE DAILY

Monday 21	Chicken & Waffles	◆ Chicken Fillet w/ Turkey Bacon on a Kaiser Roll	 Made-to-Order Dietz & Watson 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 & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 22	3-Cheese Cavatappi Pasta w/ a Split Top Dinner Roll EARTH DAY (Sample): Chia Seed Pudding w/ Berries	◆ Triple-Decker Monte Cristo	
Wednesday 23	Cinnamon-Glazed French Toast Sticks w/ Syrup & Turkey Sausage	◆ General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	
Thursday 24	Cheese Ravioli w/ Marinara Sauce & Sauteed Local Spinach	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll	
Friday 25	◆ Everything Pizza w/ a Tossed Salad	Meatball Parmesan on a Hero	



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TENAFLY HIGH & MIDDLE SCHOOL – April/May 2025



Daily Dish

AMERICAN GRILLE

AVAILABLE DAILY

Monday 28	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	 Made-to-Order Dietz & Watson 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 & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 29	Cheesesteak on a Roll w/ Peppers & Onions	BBQ Beef Rib on a Hero	
Wednesday 30	Homemade Baked Ziti w/ a Split Top Dinner Roll & Local Applesauce	◆ Chicken Parmesan Fillet over Pasta	
Thursday 1	Pizza Quesadilla	◆ Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries	
Friday 2	◆ Sausage & Pepper Pizza	◆ Arizona Grilled Chicken Club Sandwich w/ Bacon & Honey Mustard	



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