


TENAFLY HIGH & MIDDLE SCHOOL – March/April 2026



Daily Dish

AMERICAN GRILLE

AVAILABLE DAILY

<p>Monday 30</p>	<p>Eggplant Parmesan w/ a side of Pasta</p>	<p>◆ Double Cheeseburger on a Bun w/ Lettuce, Tomato & Pickle served w/ Potato Tots</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; justify-content: space-between; width: 100%;"> <div style="text-align: center;"> <p><i>Deli Central</i></p> <p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p>  </div> <div style="text-align: right;"> <p>PIZZA ZONE</p> </div> </div> <div style="margin-top: 20px;"> <p>Assorted Specialty Pizzas</p> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <div style="text-align: center;"> <p>AMERICAN GRILLE</p> </div> <div style="text-align: right;"> <p>◆ All-White Meat Chicken Tenders w/ Fries ◆ Crispy Chicken Fillet on a Kaiser Roll ◆ Spicy Chicken Fillet on a Kaiser Roll Mozzarella Sticks</p> </div> </div> <div style="margin-top: 20px;"> <p>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bento Box w/ Cream Cheese/Butter & Yogurt</p> </div> <div style="text-align: right;"> <p><i>Daily Dish</i></p> </div> </div> <div style="margin-top: 20px;"> <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> </div>
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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 2026



AVAILABLE DAILY

Monday 6	Spring Break School Closed	Spring Break School Closed	 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 Bento Box w/ Cream Cheese/Butter & Yogurt   Assorted Grab & Go Salad Specials Assorted <i>salad selections</i> are offered w/ a Roll ◆ Premium Item
Tuesday 7	Spring Break School Closed	Spring Break School Closed	
Wednesday 8	Spring Break School Closed	Spring Break School Closed	
Thursday 9	Spring Break School Closed	Spring Break School Closed	
Friday 10	Spring Break School Closed	Spring Break School Closed	



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TENAFLY HIGH & MIDDLE SCHOOL – April 2026



AVAILABLE DAILY

Monday 13	Chicken & Waffles	◆ Chicken Fillet w/ Turkey Bacon on a Kaiser Roll	<p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p>
Tuesday 14	3-Cheese Cavatappi Pasta w/ a Dinner Roll	◆ Triple-Decker Monte Cristo	
Wednesday 15	Cinnamon-Glazed French Toast Sticks w/ Syrup & Turkey Sausage	◆ General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	<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>
Thursday 16	Cheese Ravioli w/ Marinara Sauce	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll	
Friday 17	◆ Homemade Beef & Rice Burrito	Meatball Parmesan Hero	<p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p>◆ Premium Item</p>

**PIZZA
ZONE**

*Daily
Dish*



**FOOD
ALLERGIES**

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TENAFLY HIGH & MIDDLE SCHOOL – April 2026



Daily Dish



AVAILABLE DAILY

Monday 20	Sweet & Sour Popcorn Chicken w/ Rice	◆ Chicken Fillet w/ Turkey Bacon on a Kaiser Roll	<p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p>
Tuesday 21	Cheesesteak on a Roll w/ Peppers & Onions	BBQ Beef Rib Hero	
Wednesday 22	Grilled Cheese & Caesar Salad w/ Local Kale & Romaine Blend & Local Blueberry Smoothie Sample	◆ Chicken Parmesan Fillet over Pasta	<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 Bento Box w/ Cream Cheese/Butter & Yogurt</p>
Thursday 23	Homemade Baked Ziti w/ a Dinner Roll	◆ Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries	
Friday 25	◆ Tortellini Alfredo w/ Garlic Bread	◆ Arizona Grilled Chicken Club Sandwich w/ Bacon & Honey Mustard	<p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>◆ Premium Item</p>



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TENAFLY HIGH & MIDDLE SCHOOL – April/May 2026



Daily Dish



AVAILABLE DAILY

<p>Monday 27</p>	<p>Breaded Chicken Bowl w/ Quinoa & Brown Rice -Or- Falafel Bowl w/ Quinoa & Brown Rice</p>	<p>◆ California Chicken Fillet w/ Lettuce & Tomato on a Kaiser</p>	<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>PIZZA ZONE</p> <p><i>AMERICAN GRILLE</i></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 Bento Box w/ Cream Cheese/Butter & Yogurt</p> <p><i>Daily Dish</i></p> <p><i>FRESH FARMISTAND</i></p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>◆ Premium Item</p>
<p>Tuesday 28</p>	<p>Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops -Or- Frito Pie</p>	<p>◆ Hot Honey Beef Sandwich</p>	
<p>Wednesday 29</p>	<p>French Bread Pizza w/ Chicken Noodle Soup</p>	<p>◆ Baked Potato w/ Toppings Bar, including Chili, Cheddar Cheese, Sour Cream & Bacon</p>	
<p>Thursday 30</p>	<p>Chicken Fiesta Bowl w/ Black Beans, Peppers & Onions</p>	<p>◆ Grilled Chicken Panini w/ Roasted Peppers & Provolone Cheese</p>	
<p>Friday 1</p>	<p>◆ Buffalo Chicken Pizza</p>	<p>Buffalo Chicken Twister w/ Lettuce & Tomato</p>	



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