

TENAFLY HIGH & MIDDLE SCHOOL – DECEMBER 2025



AVAILABLE DAILY

Monday 1	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 Bento Box w/ Cream Cheese/Butter & Yogurt  FRESH FARMISTAND Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 2	3-Cheese Cavatappi Pasta w/ a Dinner Roll	◆ Triple-Decker Monte Cristo	
Wednesday 3	Cinnamon-Glazed French Toast Sticks w/ Syrup & Turkey Sausage	◆ General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	
Thursday 4	Cheese Ravioli w/ Marinara Sauce	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll	
Friday 5	◆ Homemade Beef & Rice Burrito	Meatball Parmesan 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.

Your comments are important to us. Please e-mail us at comments@pomptonian.com.

Menu Subject to Change.



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Monday 8	Sweet & Sour Popcorn Chicken w/ Rice	◆ 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 Bento Box w/ Cream Cheese/Butter & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 9	Cheesesteak on a Roll w/ Peppers & Onions	BBQ Beef Rib Hero	
Wednesday 10	Homemade Baked Ziti w/ a Dinner Roll	◆ Chicken Parmesan Fillet over Pasta	
Thursday 11	Pizza Quesadilla	◆ Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries	
Friday 12	◆ Tortellini Alfredo w/ Garlic Bread	◆ Arizona Grilled Chicken Club Sandwich w/ Bacon & Honey Mustard	



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Daily Dish



AVAILABLE DAILY

Monday 15	Breaded Chicken Bowl w/ Quinoa & Brown Rice -Or- Falafel Bowl w/ Quinoa & Brown Rice	◆ California Chicken Fillet w/ Lettuce & Tomato on a Kaiser	 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 Bento Box w/ Cream Cheese/Butter & Yogurt  FRESH FARMISTAND Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 16	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 17	French Bread Pizza w/ Chicken Noodle Soup & Local Apple Chutney	◆ Build-Your-Own Baked Potato/ Local Sweet Potato Bar, including Chili, Cheddar Cheese, Sour Cream, Bacon & Local Apple Chutney	
Thursday 18	Chicken Fiesta Bowl w/ Black Beans, Peppers & Onions	◆ Grilled Chicken Panini w/ Roasted Peppers & Provolone Cheese	
Friday 19	◆ Buffalo Chicken Pizza	Buffalo Chicken Twister w/ Lettuce & Tomato	



FOOD ALLERGIES

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AVAILABLE DAILY

Monday 22	Chicken Quesadilla w/ Guacamole, Pico de Gallo & Sour Cream	All-Beef Hot Dog on a Bun w/ Chili & Cheese	 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 Bento Box w/ Cream Cheese/Butter & Yogurt   Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i> ◆ Premium Item
Tuesday 23	Early Dismissal No Lunch Service	Early Dismissal No Lunch Service	
Wednesday 24	No School Holiday Break	No School Holiday Break	
Thursday 25	No School Holiday Break	No School Holiday Break	
Friday 26	No School Holiday Break	No School Holiday Break	



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