

TENAFLY HIGH & MIDDLE SCHOOL – February 2026



AVAILABLE DAILY

Monday 2	Breaded Chicken Bowl w/ Quinoa & Brown Rice -Or- Falafel Bowl w/ Quinoa & Brown Rice	◆ California Chicken Fillet w/ Lettuce & Tomato on a Kaiser	<p>Made-to-Order Boars Head Deli Bar Assorted Grab & Go Sandwiches</p> <p>Assorted Specialty Pizzas</p>
Tuesday 3	Empanadas w/ Rice & Beans	◆ 3-Cheese Grilled Cheese Sandwich on Texas Toast w/ Tomato Soup	
Wednesday 4	French Bread Pizza w/ Chicken Noodle Soup	◆ Baked Potato w/ Toppings Bar, including Chili, Cheddar Cheese, Sour Cream & Bacon	<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 5	Chicken Fiesta Bowl w/ Black Beans, Peppers & Onions	◆ Grilled Chicken Panini w/ Roasted Peppers & Provolone Cheese	
Friday 6	◆ Buffalo Chicken Pizza	Buffalo Chicken Twister w/ Lettuce & Tomato	<p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>◆ Premium Item</p>



**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 – February 2026



AVAILABLE DAILY

Monday 9	Chicken Quesadilla w/ Guacamole, Pico de Gallo & Sour Cream	All-Beef Hot Dog on a Bun w/ Chili & Cheese	 <p>Made-to-Order Boars Head Deli Bar Assorted Grab & Go Sandwiches</p>  <p>Assorted Specialty Pizzas</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>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p>  <p>◆ Premium Item</p>
Tuesday 10	Sliced Turkey w/ Mashed Potatoes, Honey-Glazed Local Carrots & Local Apple Nachos	◆ Grilled Chicken Gyro w/ Lettuce, Tomato & Tzatziki Sauce	
Wednesday 11	Belgian Waffle w/ Turkey Bacon or Chicken Tenders	Sausage, Egg & Cheese on a Bagel	
Thursday 12	Chicken Parmesan on Bun w/ Egg Noodles & Mixed Vegetables	◆ General Tso's Chicken over Vegetable Fried Rice w/ a Fortune Cookie	
Friday 13	Early Dismissal No Lunch Served	Early Dismissal No Lunch Served	

**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 – February 2026



AVAILABLE DAILY

Monday 16	Presidents' Day District Closed	Presidents' Day District Closed	<p>Made-to-Order Boars Head Deli Bar Assorted Grab & Go Sandwiches</p> <p>Assorted Specialty Pizzas</p> <p>Assorted Specialty Pizzas</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 Bento Box w/ Cream Cheese/Butter & Yogurt</p> <p>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bento Box w/ Cream Cheese/Butter & Yogurt</p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <ul style="list-style-type: none"> Premium Item
Tuesday 17	Lunar New Year District Closed	Lunar New Year District Closed	
Wednesday 18	February Break District Closed	February Break District Closed	
Thursday 19	Lunar New Year Celebration Dumplings & Vegetable Fried Rice	◆ Chicken Parmesan Fillet on a Roll	
Friday 20	◆ Potato & Cheese Pierogi with Kielbasa	◆ Kentucky Hot Brown Turkey Sandwich w/ Bacon	



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 – February 2026



Daily Dish

AMERICAN GRILLE

AVAILABLE DAILY

Monday 23	Barbecue Chicken w/ Cowboy Brown Rice	Boneless Chicken Wings w/ a Dinner Roll -Or- Falafel w/ a Dinner Roll	<p><i>Deli Central</i></p> <p>Made-to-Order Boars Head Deli Bar Assorted Grab & Go Sandwiches</p>  <p>Assorted Specialty Pizzas</p> <p>AMERICAN GRILLE</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>FRESH FARMISTAND</p> <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p>◆ Premium Item</p> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p>
Tuesday 24	Baja Fish Tacos	◆ Hot Open-Faced Roast Beef w/ Gravy & Mashed Potatoes	
Wednesday 25	Chicken & Cheddar Cheese Burrito w/ Salsa, Brown Rice, Black Beans & Queso	◆ Italian Sausage or Meatballs over Pasta w/ Marinara Sauce	
Thursday 26	Macaroni & Cheese w/ Broccoli	◆ Tomato & Fresh Mozzarella Cheese Caprese Panini w/ a Tossed Salad	
Friday 27	◆ Homemade Calzone w/ Marinara Sauce	Barbecue Beef Ribs on a Bun	



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.

