







TENAFLY HIGH & MIDDLE SCHOOL – JUNE 2023



AVAILABLE DAILY

Monday 5	Barbecue Chicken w/ Cowboy Brown Rice	Boneless Chicken Wings w/ a Split Top Dinner Roll -Or- Falafel w/ a Dinner Roll	  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 Bags w/ Cream Cheese/Butter and Yogurt  Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i> ◆ Premium Item	 
Tuesday 6	Empanadas w/ Rice & Beans	◆ Hot Open Faced Roast Beef on White Bread w/ Gravy & Mashed Potatoes		
Wednesday 7	Chicken & Cheddar Cheese Burrito w/ Salsa, Brown Rice & Black Beans	◆ Italian Sausage or Meatballs Over Pasta w/ Marinara Sauce		
Thursday 8	Macaroni & Cheese w/ Local Roasted Asparagus	◆ Tomato & Fresh Mozzarella Cheese Caprese Panini w/ a Tossed Salad and Local Strawberries		
Friday 9	◆ Meatlover's Pizza	Barbecue Beef Ribs on a Bun		



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 – JUNE 2023



AVAILABLE DAILY

Monday 12	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 Bags w/ Cream Cheese/Butter and Yogurt  Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item	 
Tuesday 13	3-Cheese Cavatappi Pasta w/ a Split Top Dinner Roll	◆ Triple-Decker Monte Cristo		
Wednesday 14	Cinnamon-Glazed French Toast Sticks w/ Syrup & Turkey Sausage	◆ General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie		
Thursday 15	Cheese Ravioli w/ Marinara Sauce	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll		
Friday 16	◆ Everything Pizza w/ a Tossed Salad	Meatball Parmesan on a 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.



TENAFLY HIGH & MIDDLE SCHOOL – JUNE 2023



AVAILABLE DAILY

Monday 19	Chef's Choice	◆ Chef's Featured Favorite	 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 Bags w/ Cream Cheese/Butter and Yogurt  Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item	 
Tuesday 20				
Wednesday 21				
Thursday 22				
Friday 23				



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.

