

TENAFLY HIGH & MIDDLE SCHOOL – June 2026



Daily Dish



AVAILABLE DAILY

| | | | |
|-----------------------|---|---|---|
| Monday 1 | 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 2 | Cheesesteak on a Roll w/ Peppers & Onions | BBQ Beef Rib Hero | |
| Wednesday 3 | Homemade Baked Ziti w/ a Dinner Roll & Roasted Local Asparagus | ◆ 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> |
| Thursday 4 | Pizza Quesadilla | ◆ Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries | |
| Friday 5 | ◆ 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> |



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.




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| <p>Monday 8</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>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><i>Daily Dish</i></p> <p>FRESH FARMISTAND</p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>◆ Premium Item</p> |
| <p>Tuesday 9</p> | <p>Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops -Or- Sweet Potato, Corn & Black Bean Nachos</p> | <p>◆ 3-Cheese Grilled Cheese Sandwich on Texas Toast w/ Tomato Soup</p> | |
| <p>Wednesday 10</p> | <p>French Bread Pizza w/ Chicken Noodle Soup</p> | <p>◆ Baked Potato w/ Toppings Bar, including Chilli, Cheddar Cheese, Sour Cream & Bacon</p> | |
| <p>Thursday 11</p> | <p>Chicken Fiesta Bowl w/ Black Beans, Peppers & Onions</p> | <p>◆ Grilled Chicken Panini w/ Roasted Peppers & Provolone Cheese</p> | |
| <p>Friday 12</p> | <p>◆ Buffalo Chicken Pizza</p> | <p>Buffalo Chicken Twister w/ Lettuce & Tomato</p> | |



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| Monday 15 | Belgian Waffle w/ Turkey Bacon or Chicken Tenders | All-Beef Hot Dog on a Bun w/ Chili & Cheese | <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;">  </div> <div style="text-align: center;"> <p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p>  </div> </div> <div style="margin-top: 20px; text-align: center;"> <p>Assorted Specialty Pizzas</p>  </div> <div style="margin-top: 20px; display: flex; align-items: center;"> <div style="text-align: center;">  </div> <div style="margin-left: 10px;"> <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 <li style="padding-left: 20px;">Mozzarella Sticks </div> </div> <div style="margin-top: 20px; text-align: center;"> <p>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bento Box w/ Cream Cheese/Butter & Yogurt</p>  </div> <div style="margin-top: 20px; display: flex; align-items: center;"> <div style="text-align: center;">  </div> <div style="margin-left: 10px;"> <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p>◆ Premium Item</p> </div> </div> </div> |
| Tuesday 16 | Early Dismissal No Lunch Service | Early Dismissal No Lunch Service | |
| Wednesday 17 | Early Dismissal No Lunch Service | Early Dismissal No Lunch Service | |
| Thursday 18 | Early Dismissal No Lunch Service | Early Dismissal No Lunch Service | |
| Friday 19 | | | |



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