







TENAFLY HIGH & MIDDLE SCHOOL – SEPTEMBER/OCTOBER 2025



Daily Dish

AMERICAN GRILLE

AVAILABLE DAILY

Monday 29	Chicken Quesadilla w/ Guacamole, Pico de Gallo & Sour Cream	All-Beef Hot Dog on a Bun w/ Chili & Cheese	 Made-to-Order Dietz & Watson 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 & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 30	Empanadas w/ Rice & Beans	◆ Grilled Chicken Gyro w/ Lettuce, Tomato & Tzatziki Sauce	
Wednesday 1	Belgian Waffle w/ Turkey Bacon or Chicken Tenders	Sausage, Egg & Cheese on a Bagel	
Thursday 2	Yom Kippur No School	Yom Kippur No School	
Friday 3	◆ Baked Stuffed Shells w/ Marinara Sauce & Italian Bread	◆ Grilled Chicken Panini w/ Balsamic Vinaigrette, Shredded Mozzarella Cheese & Roasted Red Peppers	



**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 – October 2025



AVAILABLE DAILY

Monday 6	Eggplant Parmesan w/ a side of Pasta	◆ Double Cheeseburger on a Bun w/ Lettuce, Tomato & Pickle served w/ Potato Tots	 Made-to-Order Dietz & Watson 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 & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 7	Grilled Cheese Wedges w/ Tomato Soup	Pulled Pork Sliders on Buns w/ Baked Beans	
Wednesday 8	Pancakes w/ Turkey Sausage & Applesauce Or Local Apple Grilled Cheese Sandwich	◆ Crispy Chicken, Bacon, Cheddar Cheese on a Wrap	
Thursday 9	Hard-Shell Chicken or Beef Tacos w/ Rice & Beans & Corn Salsa	◆ Chicken Parmesan Fillet on a Roll	
Friday 10	◆ Potato & Cheese Pierogi with Kielbasa	◆ Grilled Chicken Hero w/ Avocado, Lettuce & Tomato	

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TENAFLY HIGH & MIDDLE SCHOOL – October 2024



Daily Dish



AVAILABLE DAILY

Monday 13	Professional Day No School	Professional Day No School	 Made-to-Order Dietz & Watson 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 & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 14	Empanadas w/ Rice & Beans	◆ Hot Open Faced Roast Beef on White Bread w/ Gravy & Mashed Potatoes	
Wednesday 15	Chicken & Cheddar Cheese Burrito w/ Salsa, Brown Rice & Black Beans	◆ Italian Sausage or Meatballs Over Pasta w/ Marinara Sauce	
Thursday 16	Chicken Tikka Masala w/ Basmati Rice or Pastelon (Plantain Lasagna)	◆ Tomato & Fresh Mozzarella Cheese Caprese Panini w/ a Tossed Salad	
Friday 17	◆ Homemade Calzone w/ Marinara Sauce	Asian Chicken Local Lettuce Wraps w/ Vegetable Lo Mein	



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TENAFLY HIGH & MIDDLE SCHOOL – OCTOBER 2025



AVAILABLE DAILY

Monday 20	Chicken & Waffles	◆ Chicken Fillet w/ Turkey Bacon on a Kaiser Roll	 <p>Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches</p>  <p>Assorted Specialty Pizzas</p>  <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> <p>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter & Yogurt</p>  <p>FRESH FARMISTAND</p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>◆ Premium Item</p>
Tuesday 21	3-Cheese Cavatappi Pasta w/ a Split Top Dinner Roll	◆ Triple-Decker Monte Cristo	
Wednesday 22	Honey Harissa Chicken Grain Bowl	◆ General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	
Thursday 23	Cheese Ravioli w/ Marinara Sauce w/ Roasted Local Beets	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll	
Friday 24	◆ Homemade Beef & Rice Burrito	Meatball Parmesan on a Hero	



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TENAFLY HIGH & MIDDLE SCHOOL – October 2025



AVAILABLE DAILY

Monday 27	Sweet & Sour Popcorn Chicken with White Rice	◆ Chicken Fillet w/ Turkey Bacon on a Kaiser Roll	 Made-to-Order Dietz & Watson 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 & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 28	Cheesesteak on a Roll w/ Peppers & Onions	BBQ Beef Rib on a Hero	
Wednesday 29	Homemade Baked Ziti w/ a Split Top Dinner Roll	◆ Chicken Parmesan Fillet over Pasta	
Thursday 30	Pizza Quesadilla w/ Local Broccoli & Cheddar Soup	◆ Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries	
Friday 31	◆ Tortellini Alfredo w/ Garlic Bread	Mummy Hot Dog w/ Onion Rings	



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