

TENAFLY HIGH & MIDDLE SCHOOL – AUGUST 2025



AVAILABLE DAILY

Monday 25	Professional Day No School	Professional Day No School	<p>Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches</p>	
Tuesday 26	Professional Day No School	Professional Day No School		
Wednesday 27	Pancakes w/ Turkey Sausage & Applesauce	<ul style="list-style-type: none"> ◆ Crispy Chicken, Bacon, Cheddar Cheese on a Wrap 	<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 	
Thursday 28	Hard-Shell Chicken or Beef Tacos w/ Rice & Beans & Corn Salsa	<ul style="list-style-type: none"> ◆ Chicken Parmesan Fillet on a Roll 		
Friday 29	Eggplant Parmesan w/ a side of Pasta	<ul style="list-style-type: none"> ◆ Double Cheeseburger on a Bun w/ Lettuce, Tomato & Pickle served w/ Potato Tots 		
			<p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <ul style="list-style-type: none"> ◆ Premium Item 	



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.

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Menu Subject to Change.



TENAFLY HIGH & MIDDLE SCHOOL – SEPTEMBER 2025



Daily Dish



AVAILABLE DAILY

Monday 1			<p>Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches</p> <p>Assorted Specialty Pizzas</p> <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> <p> </p> <p> </p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>◆ Premium Item</p>
Tuesday 2	Empanadas w/ Rice & Beans	◆ Hot Open Faced Roast Beef on White Bread w/ Gravy & Mashed Potatoes	
Wednesday 3	Chicken & Cheddar Cheese Burrito w/ Salsa, Brown Rice & Black Beans	◆ Italian Sausage or Meatballs Over Pasta w/ Marinara Sauce	
Thursday 4	Macaroni & Cheese w/ Broccoli	◆ Tomato & Fresh Mozzarella Cheese Caprese Panini w/ a Tossed Salad	
Friday 5	◆ Homemade Calzone w/ Marinara Sauce	Barbecue Beef Ribs on a Bun	



**FOOD
ALLERGIES**

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TENAFLY HIGH & MIDDLE SCHOOL – SEPTEMBER 2025



AVAILABLE DAILY

Monday 8	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 9	3-Cheese Cavatappi Pasta w/ a Split Top Dinner Roll	◆ Triple-Decker Monte Cristo	
Wednesday 10	Cinnamon-Glazed French Toast Sticks w/ Syrup & Turkey Sausage	◆ General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	
Thursday 11	Cheese Ravioli w/ Marinara Sauce	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll	
Friday 12	◆ Homemade Beef & Rice Burrito	◆ BBQ Bacon Cheese Burger on a Bun	



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TENAFLY HIGH & MIDDLE SCHOOL – SEPTEMBER 2025



AVAILABLE DAILY

Monday 15	French Bread Pizza w/ Chicken Noodle Soup	Baked Potato w/ Toppings Bar Including Chili, Cheddar Cheese, Sour Cream & Bacon	 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 16	Cheesesteak on a Roll w/ Peppers & Onions	BBQ Beef Rib on a Hero	
Wednesday 17	Homemade Baked Ziti w/ a Split Top Dinner Roll	◆ Chicken Parmesan Fillet over Pasta	
Thursday 18	Pizza Quesadilla	◆ Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries	
Friday 19	◆ Tortellini Alfredo w/ Garlic Bread	◆ Arizona Grilled Chicken Club Sandwich w/ Bacon & Honey Mustard	



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TENAFLY HIGH & MIDDLE SCHOOL – SEPTEMBER 2025



AVAILABLE DAILY

Monday 22	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 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 23	Rosh Hashanah No School	Rosh Hashanah No School	
Wednesday 24	Rosh Hashanah No School	Rosh Hashanah No School	
Thursday 25	Chicken Fiesta Bowl w/ Black Beans, Peppers & Onions w/ Local Tree Fruit	◆ Grilled Chicken Panini w/ Roasted Peppers & Provolone Cheese	
Friday 26	◆ Buffalo Chicken Pizza Or Papusa w/ Local Bell Pepper Curtido	Buffalo Chicken Twister w/ Lettuce & Tomato	



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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 <i>Assorted salad selections are offered w/ a Roll</i> ◆ 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	



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