

TENAFLY HIGH & MIDDLE SCHOOL – MARCH 2026



AVAILABLE DAILY

Monday 2	Professional Day Early Dismissal	Professional Day Early Dismissal	 <p>Made-to-Order Boar's 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 <p>Mozzarella Sticks</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> <p>◆ Premium Item</p> 
Tuesday 3	3-Cheese Cavatappi Pasta w/ a Dinner Roll	◆ Triple-Decker Monte Cristo	
Wednesday 4	Cinnamon-Glazed French Toast Sticks w/ Syrup, Turkey Sausage, w/ Local Blueberry Yogurt Parfait	◆ General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	
Thursday 5	Flavors Around the World: Brazil Turkey Feijoada (Brazilian Bean Stew w/ Turkey)	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll	
Friday 6	◆ Homemade Beef & Rice Burrito	Meatball Parmesan 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 – MARCH 2026



AVAILABLE DAILY

Monday 9	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 10	Cheesesteak on a Roll w/ Peppers & Onions	BBQ Beef Rib Hero	
Wednesday 11	Homemade Baked Ziti w/ a Dinner Roll & Local Corn & Edamame Salad	◆ 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 12	Flavors Around the World: Lebanon Beef Kofta w/ Herbed Quinoa & Brown Rice	◆ Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries	
Friday 13	◆ Tortellini Alfredo w/ Garlic Bread	◆ Arizona Grilled Chicken Club Sandwich w/ Bacon & Honey Mustard	<p>Assorted Grab & Go Salad Specials Assorted <i>salad selections</i> are offered w/ a Roll</p> <p>◆ Premium Item</p>



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 – MARCH 2026



Daily Dish



AVAILABLE DAILY

<p>Monday 16</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>◆ 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 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 17</p>	<p>Corned Beef on Rye w/ Coleslaw & Russian Dressing</p>	<p>◆ Nashville Hot Breaded Chicken on a Bun</p>	
<p>Wednesday 18</p>	<p>French Bread Pizza w/ Chicken Noodle Soup</p>	<p>◆ Baked Potato w/ Toppings Bar, including Chili, Cheddar Cheese, Sour Cream & Bacon</p>	
<p>Thursday 19</p>	<p>Flavors Around the World: Belize Garnaches</p>	<p>◆ Grilled Chicken Panini w/ Roasted Peppers & Provolone Cheese</p>	
<p>Friday 20</p>	<p>◆ Buffalo Chicken Pizza</p>	<p>Buffalo Chicken Twister w/ Lettuce & Tomato</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 – MARCH 2026



AVAILABLE DAILY

Monday 23	Chicken Quesadilla w/ Guacamole, Pico de Gallo & Sour Cream	All-Beef Hot Dog on a Bun w/ Chili & Cheese	 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 Bento Box w/ Cream Cheese/Butter & Yogurt   Assorted Grab & Go Salad Specials Assorted <i>salad selections</i> are offered w/ a Roll ◆ Premium Item
Tuesday 24	Empanadas w/ Rice & Beans	◆ Grilled Chicken Gyro w/ Lettuce, Tomato & Tzatziki Sauce	
Wednesday 25	Belgian Waffle w/ Turkey Bacon or Chicken Tenders	Sausage, Egg & Cheese on a Bagel	
Thursday 26	Flavors Around the World: Hungary Beef Goulash over Egg Noodles	◆ General Tso's Chicken over Vegetable Fried Rice w/ a Fortune Cookie	
Friday 27	◆ Baked Stuffed Shells w/ Marinara Sauce & Italian Bread	◆ Grilled Chicken Panini w/ Balsamic Vinaigrette, Shredded Mozzarella Cheese & Roasted Red Peppers	



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 – MARCH/APRIL 2026



AVAILABLE DAILY

Monday 30	Eggplant Parmesan w/ a side of Pasta	◆ Double Cheeseburger on a Bun w/ Lettuce, Tomato & Pickle served w/ Potato Tots	 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 Bento Box w/ Cream Cheese/Butter & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 31	Grilled Cheese Wedges w/ Tomato Soup	Pulled Pork Sliders on Buns w/ Baked Beans	
Wednesday 1	Pancakes w/ Turkey Sausage & Applesauce	◆ Crispy Chicken, Bacon & Cheddar Cheese on a Wrap	
Thursday 2	Hard-Shell Chicken or Beef Tacos w/ Rice & Beans & Corn Salsa	◆ Chicken Parmesan Fillet on a Roll	
Friday 3	Good Friday District Closed	Good Friday District Closed	

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.

