TENAFLY HIGH & MIDDLE SCHOOL -MAY 2025







AVAILABLE DAILY

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Monday			Deli Central	Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches DIETZA WATSON	LOCALLY GROWN STRAWBERRIES
Tuesday				Assorted Specialty Pizzas	PIZZA
Wednesday			American Grille	 All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Mozzarella Sticks 	
Thursday 1	Pizza Quesadilla	Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries	F	Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter & Yog	Daily Dish
Friday 2	Sausage & Pepper Pizza	Arizona Grilled Chicken Club Sandwich w/ Bacon & Honey Mustard	FRESH FARMSTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll 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,



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Monday 5	Shredded Beef, Salsa Roja & Cheese Tamale w/ Local Radish Slaw	California Chicken Fillet w/ Lettuce & Tomato on a Kaiser	
Tuesday 6	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops -Or- Sweet Potato, Corn & Black Bean Nachos	3-Cheese Grilled Cheese Sandwich on Texas Toast w/ Tomato Soup	
Wednesday 7	French Bread Pizza w/ Chicken Noodle Soup	Baked Potato w/ Toppings Bar Including Chili, Cheddar Cheese, Sour Cream and Bacon	
Thursday 8	Chicken Fiesta Bowl w/ Black Beans, Peppers & Onions	Grilled Chicken Panini w/ Roasted Peppers & Provolone Cheese	
Friday 9	Buffalo Chicken Pizza	Buffalo Chicken Twister w/ Lettuce & Tomato	
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Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches





Assorted Specialty Pizzas





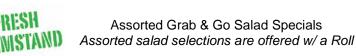


All-White Meat Chicken Tenders w/ Fries

Crispy Chicken Fillet on a Kaiser Roll
 Spicy Chicken Fillet on a Kaiser Roll
 Mozzarella Sticks

Daily Dish

Fresh Fruit & Yogurt Parfaits
Fresh Bagel Bags w/ Cream Cheese/Butter & Yogurt









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Monday 12	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 DIETZA WATSON	
Tuesday 13	Empanadas w/ Rice & Beans	Grilled Chicken Gyro w/ Lettuce, Tomato & Tzatziki Sauce	Assorted Specialty Pizzas PIZZ ZON	a le
Wednesday 14	Belgian Waffle w/ Turkey Bacon or Chicken Tenders	Sausage, Egg & Cheese on a Bagel	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Mozzarella Sticks	
Thursday 15	Chicken Parmesan on Bun w/ Egg Noodles & Mixed Vegetables	General Tso's Chicken over Vegetable Fried Rice w/ Fortune Cookie	Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter & Yogurt Diagram Cheese/Butter & Yogurt	sh
Friday 16	Hawaiian Pizza	Grilled Chicken Panini w/ Balsamic Vinaigrette, Shredded Mozzarella Cheese & Roasted Red Peppers	FRESH FARMSTAND Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll Premium Item	
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Monday 19	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 DETZ WATSON
Tuesday	Grilled Cheese Wedges w/	Pulled Pork Sliders on Buns	Assorted Specialty Pizzas PIZZA ZONE
20	Tomato Soup	w/ Baked Beans	
Wednesday	Pancakes w/ Turkey Sausage	Crispy Chicken, Bacon,	AMERICAN All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Mozzarella Sticks
21	& Applesauce	Cheddar Cheese on a Wrap	
Thursday 22	Hard-Shell Chicken or Beef Tacos w/ Rice & Beans & Corn Salsa & Star Shaped Soft Pretzel	Chicken Parmesan Fillet on a Roll	Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter & Yogurt Dish
Friday	School Closed	School Closed	FRESH Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll Premium Item
23	No Lunch Served	No Lunch Served	





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Monday 26	Memorial Day School Closed	Memorial Day School Closed	Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches DIETZ& WATSON
Tuesday 27	School Closed No Lunch Served	School Closed No Lunch Served	Assorted Specialty Pizzas PIZZA ZONE
Wednesday 28	Chicken & Cheddar Cheese Burrito w/ Salsa, Brown Rice & Black Beans	Italian Sausage or Meatballs Over Pasta w/ Marinara Sauce	All-White Meat Chicken Tenders w/ Fries Crispy Chicken Fillet on a Kaiser Roll Spicy Chicken Fillet on a Kaiser Roll Mozzarella Sticks
Thursday 29	Macaroni & Cheese w/ Broccoli	Tomato & Fresh Mozzarella Cheese Caprese Panini w/ a Tossed Salad	Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter & Yogurt Dish
Friday 30	♦ Meat lover's Pizza	Boneless Chicken Wings w/ a Split Top Dinner Roll -Or- Falafel w/ a Dinner Roll	FRESH Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll Premium Item





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