

TENAFLY HIGH & MIDDLE SCHOOL – MAY 2025



AVAILABLE DAILY

Monday			<p>Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches</p>	<p>FRUIT OF THE MONTH</p> <p>LOCALLY GROWN STRAWBERRIES</p>
Tuesday				
Wednesday			<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>PIZZA ZONE</p>
Thursday 1	Pizza Quesadilla	◆ Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries		
Friday 2	◆ Sausage & Pepper Pizza	◆ 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>	<p><i>Daily Dish</i></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.

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Menu Subject to Change.





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Daily Dish

AMERICAN GRILLE

AVAILABLE DAILY

Monday 5	Shredded Beef, Salsa Roja & Cheese Tamale w/ <i>Local Radish Slaw</i>	◆ California Chicken Fillet w/ Lettuce & Tomato on a Kaiser	<p><i>Deli Central</i></p> <p>Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches</p>  <p>Assorted Specialty Pizzas</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 Mozzarella Sticks <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>	<p>VEGETABLE OF THE MONTH</p>  <p>LOCALLY GROWN RED RADISHES</p> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p>
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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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  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 13	Empanadas w/ Rice & Beans	◆ Grilled Chicken Gyro w/ Lettuce, Tomato & Tzatziki Sauce	
Wednesday 14	Belgian Waffle w/ Turkey Bacon or Chicken Tenders	Sausage, Egg & Cheese on a Bagel	
Thursday 15	Chicken Parmesan on Bun w/ Egg Noodles & Mixed Vegetables	◆ General Tso's Chicken over Vegetable Fried Rice w/ Fortune Cookie	
Friday 16	◆ Hawaiian Pizza	◆ Grilled Chicken Panini w/ Balsamic Vinaigrette, Shredded Mozzarella Cheese & Roasted Red Peppers	



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AMERICAN GRILLE

AVAILABLE DAILY

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  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 20	Grilled Cheese Wedges w/ Tomato Soup	Pulled Pork Sliders on Buns w/ Baked Beans	
Wednesday 21	Pancakes w/ Turkey Sausage & Applesauce	◆ Crispy Chicken, Bacon, 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	
Friday 23	School Closed No Lunch Served	School Closed No Lunch Served	



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Daily Dish



AVAILABLE DAILY

Monday 26	Memorial Day School Closed	Memorial Day School Closed	<p>Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches</p>	
Tuesday 27	School Closed No Lunch Served	School Closed No Lunch Served		
Wednesday 28	Chicken & Cheddar Cheese Burrito w/ Salsa, Brown Rice & Black Beans	<ul style="list-style-type: none"> Italian Sausage or Meatballs Over Pasta w/ Marinara Sauce 	<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 29	Macaroni & Cheese w/ Broccoli	<ul style="list-style-type: none"> Tomato & Fresh Mozzarella Cheese Caprese Panini w/ a Tossed Salad 		
Friday 30	<ul style="list-style-type: none"> Meat lover's Pizza 	<ul style="list-style-type: none"> Boneless Chicken Wings w/ a Split Top Dinner Roll -Or- Falafel w/ a Dinner Roll 		



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