


TENAFLY HIGH & MIDDLE SCHOOL – MAY 2026



Daily Dish



AVAILABLE DAILY

Monday 4	Chicken Quesadilla w/ Guacamole, Pico de Gallo & Sour Cream	All-Beef Hot Dog on a Bun w/ Chili & Cheese	<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>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 <p>Mozzarella Sticks</p> <p>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bento Box 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>PIZZA ZONE</p> <p><i>Daily Dish</i></p>
Tuesday 5	Chicken Torta	◆ Grilled Chicken Gyro w/ Lettuce, Tomato & Tzatziki Sauce		
Wednesday 6	Belgian Waffle w/ Turkey Bacon or Chicken Tenders	Sausage, Egg & Cheese on a Bagel		
Thursday 7	Chicken Parmesan on Bun w/ Egg Noodles & Mixed Vegetables	◆ General Tso's Chicken over Vegetable Fried Rice w/ a Fortune Cookie		
Friday 8	◆ 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.

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Monday 11	Eggplant Parmesan w/ a side of Pasta	◆ Double Cheeseburger on a Bun w/ Lettuce, Tomato & Pickle served w/ Potato Tots	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; justify-content: space-between; width: 100%;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p>  </div> </div> <div style="margin-top: 20px; text-align: center;"> <p>Assorted Specialty Pizzas</p>  </div> <div style="margin-top: 20px; display: flex; justify-content: space-between; width: 100%;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <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 </div> </div> <div style="margin-top: 20px; text-align: center;"> <p>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bento Box w/ Cream Cheese/Butter & Yogurt</p>  </div> <div style="margin-top: 20px; text-align: center;">  <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p>◆ Premium Item</p> </div> </div>
Tuesday 12	Grilled Cheese Wedges w/ Tomato Soup	Pulled Pork Sliders on Buns w/ Baked Beans	
Wednesday 13	Pancakes w/ Turkey Sausage & Applesauce	◆ Crispy Chicken, Bacon & Cheddar Cheese on a Wrap	
Thursday 14	Hard-Shell Chicken or Beef Tacos w/ Rice & Beans & Corn Salsa	◆ Chicken Parmesan Fillet on a Roll	
Friday 15	◆ Potato & Cheese Pierogi with Kielbasa	◆ Grilled Chicken Hero w/ Avocado, Lettuce & Tomato	



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AVAILABLE DAILY

Monday 18	Barbecue Chicken w/ Cowboy Brown Rice	Boneless Chicken Wings w/ a Dinner Roll -Or- Falafel w/ a Dinner Roll	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; justify-content: space-between; width: 100%;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p>  </div> </div> <div style="margin-top: 20px; text-align: center;"> <p>Assorted Specialty Pizzas</p>  </div> <div style="margin-top: 20px; display: flex; justify-content: space-between; width: 100%;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <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 </div> </div> <div style="margin-top: 20px; text-align: center;"> <p>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bento Box w/ Cream Cheese/Butter & Yogurt</p>  </div> <div style="margin-top: 20px; display: flex; justify-content: space-between; width: 100%;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> </div> </div> <div style="margin-top: 20px; text-align: center;"> <p>◆ Premium Item</p> </div> </div>
Tuesday 19	General Tso's Chicken w/ Local Baby Bok Choy Vegetable Fried Rice	◆ Hot Open-Faced Roast Beef w/ Gravy & Mashed Potatoes	
Wednesday 20	Chicken & Cheddar Cheese Burrito w/ Salsa, Brown Rice & Black Beans	◆ Italian Sausage or Meatballs over Pasta w/ Marinara Sauce	
Thursday 21	Macaroni & Cheese w/ Broccoli	◆ Tomato & Fresh Mozzarella Cheese Caprese Panini w/ a Tossed Salad	
Friday 22	School Closed Memorial Day Break	School Closed Memorial Day Break	



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TENAFLY HIGH & MIDDLE SCHOOL – [MONTH] 2024



AVAILABLE DAILY

Monday 25	School Closed Memorial Day Break	School Closed Memorial Day Break	<p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</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>FRESH FARMISTAND</p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>◆ Premium Item</p>
Tuesday 26	3-Cheese Cavatappi Pasta w/ a Dinner Roll	◆ Triple-Decker Monte Cristo	
Wednesday 27	Cinnamon-Glazed French Toast Sticks w/ Syrup & Turkey Sausage	◆ Firecracker Breaded Chicken Wrap w/ Ranch & Pepper Jack Cheese served w/ a Red, White & Blue Yogurt Parfait	
Thursday 28	Cheese Ravioli w/ Marinara Sauce	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll	
Friday 29	◆ Homemade Beef & Rice Burrito	Meatball Parmesan Hero	



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