

TENAFLY HIGH & MIDDLE SCHOOL – August/September 2026



Daily Dish



AVAILABLE DAILY

Monday 31	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  FRESH FARMISTAND Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 1	Grilled Cheese Wedges w/ Tomato Soup	Pulled Pork Sliders on Buns w/ Baked Beans	
Wednesday 2	Pancakes w/ Turkey Sausage & Applesauce	◆ Crispy Chicken, Bacon & Cheddar Cheese on a Wrap	
Thursday 3	Hard-Shell Chicken or Beef Tacos w/ Rice & Beans & Corn Salsa	◆ Chicken Parmesan Fillet on a Roll	
Friday 4	Labor Day Weekend No School	Labor Day Weekend No School	



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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Menu Subject to Change.



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Monday 7	Labor Day Weekend No School	Labor Day Weekend No School	 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 8	Empanadas w/ Rice & Beans	◆ Hot Open-Faced Roast Beef w/ Gravy & Mashed Potatoes	
Wednesday 9	Chicken & Cheddar Cheese Burrito w/ Salsa, Brown Rice & Black Beans	◆ Italian Sausage or Meatballs over Pasta w/ Marinara Sauce	
Thursday 10	Macaroni & Cheese w/ Broccoli	◆ Tomato & Fresh Mozzarella Cheese Caprese Panini w/ a Tossed Salad	
Friday 11	◆ Homemade Calzone w/ Marinara Sauce	Barbecue Beef Ribs on a Bun	



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Monday 14	Chicken & Waffles	◆ Chicken Fillet w/ Turkey Bacon on a Kaiser Roll	 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  FRESH FARMISTAND Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 15	3-Cheese Cavatappi Pasta w/ a Dinner Roll	◆ Triple-Decker Monte Cristo	
Wednesday 16	Cinnamon-Glazed French Toast Sticks w/ Syrup & Turkey Sausage	◆ General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	
Thursday 17	Cheese Ravioli w/ Marinara Sauce	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll	
Friday 18	◆ Chicken Tinga Bowl	Meatball Parmesan Hero	



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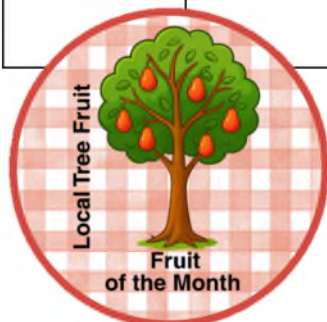


TENAFLY HIGH & MIDDLE SCHOOL – September 2026



AVAILABLE DAILY

Monday 21	Yom Kippur District Closed	Yom Kippur District Closed	 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 22	Cheesesteak on a Roll w/ Peppers & Onions	BBQ Beef Rib Hero	
Wednesday 23	Homemade Baked Ziti w/ a Dinner Roll & Roasted Local Zucchini Coins	◆ Chicken Parmesan Fillet over Pasta	
Thursday 24	Creamy Ricotta Parmesan Pasta	◆ Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries	
Friday 25	◆ Tortellini Alfredo w/ Garlic Bread	◆ Arizona Grilled Chicken Club Sandwich w/ Bacon & Honey Mustard	



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TENAFLY HIGH & MIDDLE SCHOOL – September/October 2026



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Monday 28	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 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  FRESH FARMISTAND Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 29	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 30	French Bread Pizza w/ Chicken Noodle Soup	◆ Baked Potato w/ Toppings Bar, including Chili, Cheddar Cheese, Sour Cream & Bacon	
Thursday 1	Chicken Fiesta Bowl w/ Black Beans, Peppers & Onions	◆ Grilled Chicken Panini w/ Roasted Peppers & Provolone Cheese	
Friday 2	◆ Buffalo Chicken Pizza	Buffalo Chicken Twister w/ Lettuce & Tomato	



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