

TENAFLY HIGH & MIDDLE SCHOOL – NOVEMBER 2025



AVAILABLE DAILY

Monday 3	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 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 Bento Box w/ Cream Cheese/Butter & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 4	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 5	French Bread Pizza w/ Chicken Noodle Soup	◆ Baked Potato w/ Toppings Bar, including Chili, Cheddar Cheese, Sour Cream & Bacon	
Thursday 6	SCHOOL CLOSED TEACHERS' CONVENTION	SCHOOL CLOSED TEACHERS' CONVENTION	
Friday 7	SCHOOL CLOSED TEACHERS' CONVENTION	SCHOOL CLOSED TEACHERS' CONVENTION	



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.



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Monday 10	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   ◆ 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 11	Empanadas w/ Rice & Beans	◆ Grilled Chicken Gyro w/ Lettuce, Tomato & Tzatziki Sauce	
Wednesday 12	Belgian Waffle w/ Turkey Bacon or Chicken Tenders	Sausage, Egg & Cheese on a Bagel	
Thursday 13	Chicken Parmesan on Bun w/ Egg Noodles & Mixed Vegetables	◆ General Tso's Chicken over Vegetable Fried Rice w/ a Fortune Cookie	
Friday 14	◆ Baked Stuffed Shells w/ Marinara Sauce & Italian Bread	◆ Grilled Chicken Panini w/ Balsamic Vinaigrette, Shredded Mozzarella Cheese & Roasted Red Peppers	



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Monday 17	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 Bento Box w/ Cream Cheese/Butter & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 18	Grilled Cheese Wedges w/ Tomato Soup	Pulled Pork Sliders on Buns w/ Baked Beans	
Wednesday 19	Pancakes w/ Turkey Sausage & Applesauce	◆ Crispy Chicken, Bacon & Cheddar Cheese on a Wrap	
Thursday 20	◆ Turkey w/ Gravy, Mashed Local Potatoes, Local Cranberry Sauce & a Dinner Roll	◆ Chicken Parmesan Fillet on a Roll	
Friday 21	◆ Potato & Cheese Pierogi with Kielbasa	◆ Grilled Chicken Hero w/ Avocado, Lettuce & Tomato	



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Monday 24	Barbecue Chicken w/ Cowboy Brown Rice	Boneless Chicken Wings w/ a Dinner Roll -Or- Falafel w/ a Dinner Roll	 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 Bento Box w/ Cream Cheese/Butter & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 25	Empanadas w/ Rice & Beans	◆ Hot Open-Faced Roast Beef w/ Gravy & Mashed Potatoes	
Wednesday 26	EARLY DISMISSAL NO LUNCH SERVICE	EARLY DISMISSAL NO LUNCH SERVICE	
Thursday 27	NO SCHOOL THANKSGIVING BREAK	NO SCHOOL THANKSGIVING BREAK	
Friday 28	NO SCHOOL THANKSGIVING BREAK	NO SCHOOL THANKSGIVING BREAK	



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