#### TENAFLY HIGH & MIDDLE SCHOOL -**NOVEMBER 2025**







# AVAILABLE DAILY

Breaded Chicken Bowl w/ Quinoa & Brown Rice -Or- Falafel Bowl w/ Quinoa & Brown Rice	California Chicken Fillet w/ Lettuce & Tomato on a Kaiser	Deli Central	Made-to-Order Dietz & Watso Assorted Grab & Go Sandv
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		Assorted Specialty Pizz
French Bread Pizza w/ Chicken Noodle Soup	Baked Potato w/ Toppings Bar, including Chili, Cheddar Cheese, Sour Cream & Bacon	American Grille	<ul> <li>◆ All-White Meat Chicken Tender</li> <li>♦ Crispy Chicken Fillet on a Ka</li> <li>♦ Spicy Chicken Fillet on a Kai</li> <li>Mozzarella Sticks</li> </ul>
SCHOOL CLOSED TEACHERS' CONVENTION	SCHOOL CLOSED TEACHERS' CONVENTION	Fres	Fresh Fruit & Yogurt Par sh Bagel Bento Box w/ Cream Chee
SCHOOL CLOSED TEACHERS' CONVENTION	SCHOOL CLOSED TEACHERS' CONVENTION	FRESH FARMSTAND	Assorted Grab & Go Salad S Assorted salad selections are offer Premium Item
	Breaded Chicken Bowl w/ Quinoa & Brown Rice -Or- Falafel Bowl w/ Quinoa & Brown Rice  Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops -Or- Sweet Potato, Corn & Black Bean Nachos  French Bread Pizza w/ Chicken Noodle Soup  SCHOOL CLOSED TEACHERS' CONVENTION	Breaded Chicken Bowl w/ Quinoa & Brown Rice -Or- Falafel Bowl w/ Quinoa & Brown Rice  Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops -Or- Sweet Potato, Corn & Black Bean Nachos  French Bread Pizza w/ Chicken Noodle Soup  Baked Potato w/ Toppings Bar, including Chili, Cheddar Cheese, Sour Cream & Bacon  SCHOOL CLOSED TEACHERS' CONVENTION  SCHOOL CLOSED SCHOOL CLOSED TEACHERS' CONVENTION  SCHOOL CLOSED SCHOOL CLOSED SCHOOL CLOSED SCHOOL CLOSED SCHOOL CLOSED	Breaded Chicken Bowl w/ Quinoa & Brown Rice -Or- Falafel Bowl w/ Quinoa & Brown Rice  Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops -Or- Sweet Potato, Corn & Black Bean Nachos  French Bread Pizza w/ Chicken Noodle Soup  Baked Potato w/ Toppings Bar, including Chili, Cheddar Cheese, Sour Cream & Bacon  SCHOOL CLOSED TEACHERS' CONVENTION  SCHOOL CLOSED SCHOOL CLOSED SCHOOL CLOSED SCHOOL CLOSED SCHOOL CLOSED FRIESH FARMSTAMD

Watson Deli Bar Sandwiches



Ity Pizzas



Tenders w/ Fries

n a Kaiser Roll n a Kaiser Roll

urt Parfaits n Cheese/Butter & Yogurt



Salad Specials are offered w/ a Roll





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 <a href="mailto:comments@pomptonian.com">comments@pomptonian.com</a>. Menu Subject to Change.



#### TENAFLY HIGH & MIDDLE SCHOOL -**NOVEMBER 2025**







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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	Deli Central	Made-to-Order Dietz Assorted Grab & C
Tuesday 11	Empanadas w/ Rice & Beans	Grilled Chicken Gyro w/ Lettuce, Tomato & Tzatziki Sauce		Assorted Spec
Wednesday 12	Belgian Waffle w/ Turkey Bacon or Chicken Tenders	Sausage, Egg & Cheese on a Bagel	American Grille	<ul> <li>◆ All-White Meat Chicket</li> <li>◆ Crispy Chicken Fillet</li> <li>◆ Spicy Chicken Fillet</li> <li>Mozzarella</li> </ul>
Thursday 13	Chicken Parmesan on Bun w/ Egg Noodles & Mixed Vegetables	General Tso's Chicken over Vegetable Fried Rice w/ a Fortune Cookie	Fres	Fresh Fruit & Yo sh Bagel Bento Box w/ Cre
Friday 14	Baked Stuffed Shells w/ Marinara Sauce & Italian Bread	Grilled Chicken Panini w/ Balsamic Vinaigrette, Shredded Mozzarella Cheese & Roasted Red Peppers	FRESH FARMSTAND	Assorted Grab & G Assorted salad selection  Premium

z & Watson Deli Bar Go Sandwiches



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cen Tenders w/ Fries let on a Kaiser Roll

et on a Kaiser Roll lla Sticks

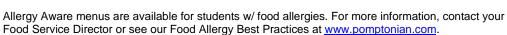
Yogurt Parfaits ream Cheese/Butter & Yogurt



Go Salad Specials ons are offered w/ a Roll







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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	Deli Central	Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches  DIETZ & WATSON	
Tuesday 18	Grilled Cheese Wedges w/ Tomato Soup	Pulled Pork Sliders on Buns w/ Baked Beans		Assorted Specialty Pizzas	PIZZA
Wednesday 19	Pancakes w/ Turkey Sausage & Applesauce	Crispy Chicken, Bacon & Cheddar Cheese on a Wrap	American Grille	<ul> <li>All-White Meat Chicken Tenders w/ Fries</li> <li>Crispy Chicken Fillet on a Kaiser Roll</li> <li>Spicy Chicken Fillet on a Kaiser Roll</li> <li>Mozzarella Sticks</li> </ul>	
Thursday 20	Turkey w/ Gravy, Mashed <b>Local</b> Potatoes, <b>Local</b> Cranberry Sauce & a Dinner Roll	Chicken Parmesan Fillet on a Roll	Fre	Fresh Fruit & Yogurt Parfaits sh Bagel Bento Box w/ Cream Cheese/Butter & Yo	Daily gurt Dish
Friday 21	Potato & Cheese Pierogi with Kielbasa	Grilled Chicken Hero w/ Avocado, Lettuce & Tomato	FRESH FARMSTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll  Premium Item	



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### TENAFLY HIGH & MIDDLE SCHOOL -**NOVEMBER 2025**







# AVAILABLE DAILY

Dur			
Barbecue Chicken w/ Cowboy Brown Rice	Boneless Chicken Wings w/ a Dinner Roll -Or- Falafel w/ a Dinner Roll	Deli Central	Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches  DIETZ& WATSON
Empanadas w/ Rice & Beans	Hot Open-Faced Roast Beef w/ Gravy & Mashed Potatoes		Assorted Specialty Pizzas
EARLY DISMISSAL NO LUNCH SERVICE	EARLY DISMISSAL NO LUNCH SERVICE	American Grille	<ul> <li>All-White Meat Chicken Tenders w/ Fries</li> <li>Crispy Chicken Fillet on a Kaiser Roll</li> <li>Spicy Chicken Fillet on a Kaiser Roll</li> <li>Mozzarella Sticks</li> </ul>
NO SCHOOL THANKSGIVING BREAK	NO SCHOOL THANKSGIVING BREAK	Fres	Fresh Fruit & Yogurt Parfaits $\mathop{\mathcal{Dai}}_{\mathcal{A}}$ sh Bagel Bento Box w/ Cream Cheese/Butter & Yogurt $\mathcal{A}$
NO SCHOOL THANKSGIVING BREAK	NO SCHOOL THANKSGIVING BREAK	FRESH FARMSTAND	Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll  Premium Item
	Barbecue Chicken w/ Cowboy Brown Rice  Empanadas w/ Rice & Beans  EARLY DISMISSAL NO LUNCH SERVICE  NO SCHOOL THANKSGIVING BREAK	Barbecue Chicken w/ Cowboy Brown Rice  Boneless Chicken Wings w/ a Dinner Roll -Or- Falafel w/ a Dinner Roll  Hot Open-Faced Roast Beef w/ Gravy & Mashed Potatoes  EARLY DISMISSAL NO LUNCH SERVICE  NO SCHOOL THANKSGIVING BREAK  NO SCHOOL NO SCHOOL NO SCHOOL NO SCHOOL	Barbecue Chicken w/ Cowboy Brown Rice  Boneless Chicken Wings w/ a Dinner Roll -Or- Falafel w/ a Dinner Roll  Empanadas w/ Rice & Beans  Hot Open-Faced Roast Beef w/ Gravy & Mashed Potatoes  EARLY DISMISSAL NO LUNCH SERVICE  NO SCHOOL  NO SCHOOL





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