







# TENAFLY HIGH & MIDDLE SCHOOL – March 2024



## AVAILABLE DAILY

<b>Monday</b> 4	Early Dismissal No Lunch Served	Early Dismissal No Lunch Served	  Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas   <ul style="list-style-type: none"> <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> Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll  ◆ Premium Item	  
<b>Tuesday</b> 5	Breakfast for Lunch: French Toast Sticks w/ Turkey Sausage *Sample of Homemade Local Blueberry Muffin	◆ Hot Open Faced Roast Beef on White Bread w/ Gravy & Mashed Potatoes		
<b>Wednesday</b> 6	Congee	◆ Italian Sausage or Meatballs Over Pasta w/ Marinara Sauce		
<b>Thursday</b> 7	Macaroni & Cheese w/ Broccoli & Roasted Local Potatoes w/ Rosemary	◆ Tomato & Fresh Mozzarella Cheese Caprese Panini w/ a Tossed Salad		
<b>Friday</b> 8	◆ Meatlover's Pizza	Barbecue Beef Ribs on a Bun		



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](http://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](mailto:comments@pomptonian.com).







Menu Subject to Change.



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<b>Monday</b> 11	Chicken & Waffles	◆ Chicken Fillet w/ Turkey Bacon on a Kaiser Roll	 <b>Made-to-Order Boar's Head Deli Bar</b> 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 and Yogurt  Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item	 
<b>Tuesday</b> 12	Fettuccini Alfredo w/ Garlic Bread	◆ Hot Honey Beef Sandwich		
<b>Wednesday</b> 13	Choripan	◆ General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie		
<b>Thursday</b> 14	Cheese Ravioli w/ Marinara Sauce	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll		
<b>Friday</b> 15	◆ Everything Pizza w/ a Tossed Salad	Meatball Parmesan on a Hero		



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<b>Monday 18</b>	Popcorn Chicken w/ a Split Top Dinner Roll & Corn <b>-Or-</b> Plant-Based Nuggets w/ a Dinner Roll	◆ Chicken Fillet w/ Turkey Bacon on a Kaiser Roll	<p><i>Deli Central</i></p> <p><b>Made-to-Order Boar's Head Deli Bar</b> Assorted Grab &amp; Go Sandwiches</p>  <p>Assorted Specialty Pizzas</p> <p><b>AMERICAN GRILLE</b></p> <ul style="list-style-type: none"> <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> <p><i>Daily Dish</i></p> <p>Fresh Fruit &amp; Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt</p> <p><b>FRESH FARMISTAND</b></p> <p>Assorted Grab &amp; Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p>◆ Premium Item</p> <p><b>PIZZA ZONE</b></p>
<b>Tuesday 19</b>	Cheesesteak on a Roll w/ Peppers & Onions	BBQ Beef Rib on a Hero	
<b>Wednesday 20</b>	Swedish Meatballs w/ Egg Noodles	◆ Chicken Parmesan Fillet over Pasta	
<b>Thursday 21</b>	Pizza Quesadilla	◆ Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries	
<b>Friday 22</b>	◆ Sausage & Pepper Pizza	◆ Arizona Grilled Chicken Club Sandwich w/ Bacon & Honey Mustard	



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<b>Monday 25</b>	Breaded Chicken Bowl w/ Quinoa & Brown Rice <b>-Or-</b> Falafel Bowl w/ Quinoa & Brown Rice	◆ California Chicken Fillet w/ Lettuce & Tomato on a Kaiser	<p><i>Deli Central</i></p> <p><b>Made-to-Order Boar's Head Deli Bar</b> Assorted Grab &amp; Go Sandwiches</p>  <p>Assorted Specialty Pizzas</p> <p><b>AMERICAN GRILLE</b></p> <ul style="list-style-type: none"> <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> <p>Fresh Fruit &amp; Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt</p> <p><b>FRESH FARMISTAND</b></p> <p>Assorted Grab &amp; Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p>◆ Premium Item</p>	<p><b>PIZZA ZONE</b></p> <p><i>Daily Dish</i></p>
<b>Tuesday 26</b>	Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops <b>-Or-</b> Sweet Potato, Corn & Black Bean Nachos	◆ 3-Cheese Grilled Cheese Sandwich on Texas Toast w/ Tomato Soup		
<b>Wednesday 27</b>	Korean Beef Bulgogi	◆ Baked Potato w/ Toppings Bar Including Chili, Cheddar Cheese, Sour Cream and Bacon		
<b>Thursday 28</b>	Chicken Fiesta Bowl w/ Black Beans, Peppers & Onions	◆ Grilled Chicken Panini w/ Roasted Peppers & Provolone Cheese		
<b>Friday 29</b>	Good Friday No School	Good Friday No School		



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