

TENAFLY HIGH & MIDDLE SCHOOL – December 2024



AVAILABLE DAILY

Monday 2	Barbecue Chicken w/ Cowboy Brown Rice	Boneless Chicken Wings w/ a Split Top Dinner Roll -Or- Falafel w/ a Dinner Roll	<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 ◆ Mozzarella Sticks <p>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt</p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>◆ Premium Item</p>
Tuesday 3	Empanadas w/ Rice & Beans	◆ Hot Open Faced Roast Beef on White Bread w/ Gravy & Mashed Potatoes	
Wednesday 4	Chicken & Cheddar Cheese Burrito w/ Salsa, Brown Rice & Black Beans	◆ Italian Sausage or Meatballs Over Pasta w/ Marinara Sauce	
Thursday 5	Macaroni & Cheese w/ Broccoli	◆ Tomato & Fresh Mozzarella Cheese Caprese Panini w/ a Tossed Salad	
Friday 6	◆ Meat Lover'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.

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 9	Chicken & Waffles	◆ Chicken Fillet w/ Turkey Bacon on a Kaiser Roll	<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 ◆ Mozzarella Sticks <p>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt</p> <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p>◆ Premium Item</p> <p><i>Daily Dish</i></p>
Tuesday 10	3-Cheese Cavatappi Pasta w/ a Split Top Dinner Roll	◆ Triple-Decker Monte Cristo	
Wednesday 11	Cinnamon-Glazed French Toast Sticks w/ Syrup & Turkey Sausage	◆ General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	
Thursday 12	Cheese Ravioli w/ Marinara Sauce	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll	
Friday 13	◆ Everything Pizza w/ a Tossed Salad	Meatball Parmesan on a Hero	



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	 Daily Dish		<h2>AVAILABLE DAILY</h2>		
Monday 16	Popcorn Chicken w/ a Split Top Dinner Roll & Corn -Or- Plant-Based Nuggets w/ a Dinner Roll	♦ Chicken Fillet w/ Turkey Bacon on a Kaiser Roll	 FRUIT OF THE MONTH  LOCALLY GROWN RED CAMEO APPLES	Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches	VEGETABLE OF THE MONTH  LOCALLY GROWN KOGINUT SQUASH PIZZA ZONE
Tuesday 17	Cavatelli Pasta w/ Pink Sauce & Peas, Mashed Local Koginut Squash & Local Apple Crisp	BBQ Beef Rib on a Hero	 ♦ All-White Meat Chicken Tenders w/ Fries ♦ Crispy Chicken Fillet on a Kaiser Roll ♦ Spicy Chicken Fillet on a Kaiser Roll Mozzarella Sticks	Assorted Specialty Pizzas	Daily Dish
Wednesday 18	Homemade Baked Ziti w/ a Split Top Dinner Roll	♦ Chicken Parmesan Fillet over Pasta	FRESH FARMISTAND	Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt	
Thursday 19	Pizza Quesadilla	♦ Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries	Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i> ♦ Premium Item		
Friday 20	Early Dismissal No Lunch Served	Early Dismissal No Lunch Served			



FOOD ALLERGIES

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TENAFLY HIGH & MIDDLE SCHOOL – December 2024



AVAILABLE DAILY

Monday 23	Schools Closed Holiday Break	Schools Closed Holiday 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 ◆ Mozzarella Sticks <p>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt</p> <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p>◆ Premium Item</p>
Tuesday 24	Schools Closed Holiday Break	Schools Closed Holiday Break	
Wednesday 25	Schools Closed Holiday Break	Schools Closed Holiday Break	
Thursday 26	Schools Closed Holiday Break	Schools Closed Holiday Break	
Friday 27	Schools Closed Holiday Break	Schools Closed Holiday Break	



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ALLERGIES**

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TENAFLY HIGH & MIDDLE SCHOOL – December/January 2024



AVAILABLE DAILY

Monday 30	Schools Closed Holiday Break	Schools Closed Holiday Break	<p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p>			
Tuesday 31	Schools Closed Holiday Break	Schools Closed Holiday Break			Assorted Specialty Pizzas	
Wednesday 1	Schools Closed Holiday Break	Schools Closed Holiday Break			<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>	
Thursday 2	Chicken Parmesan on Bun w/ Egg Noodles & Mixed Vegetables	◆ General Tso's Chicken over Vegetable Fried Rice w/ Fortune Cookie			<p>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter and Yogurt</p>	
Friday 3	◆ Hawaiian Pizza	◆ Grilled Chicken Panini w/ Balsamic Vinaigrette, Shredded Mozzarella Cheese & Roasted Red Peppers			<p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>◆ Premium Item</p>	



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