

TENAFLY HIGH & MIDDLE SCHOOL – SEPTEMBER 2024



AVAILABLE DAILY

<p>Monday 2</p>			<p><i>Deli Central</i></p> <p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p> <p>Assorted Specialty Pizzas</p> <p>AMERICAN GRILLE</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 & Yogurt</p> <p>FRESH FARMISTAND</p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>◆ Premium Item</p> <p>PIZZA ZONE</p> <p><i>Daily Dish</i></p>
<p>Tuesday 3</p>	<p>Grilled Cheese Wedges w/ Tomato Soup</p>	<p>Pulled Pork Sliders on Buns w/ Baked Beans</p>	
<p>Wednesday 4</p>	<p>Pancakes w/ Turkey Sausage & Applesauce</p>	<p>◆ Crispy Chicken, Bacon, Cheddar Cheese on a Wrap</p>	
<p>Thursday 5</p>	<p>Hard-Shell Chicken or Beef Tacos w/ Rice & Beans & Corn Salsa</p>	<p>◆ Chicken Parmesan Fillet On a Roll</p>	
<p>Friday 6</p>	<p>◆ Vegetarian Pizza</p>	<p>◆ Grilled Chicken Hero w/ Avocado, Lettuce & Tomato</p>	



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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Monday 9	Barbecue Chicken w/ Cowboy Brown Rice	Boneless Chicken Wings w/ a Split Top Dinner Roll -Or- Falafel w/ a Dinner Roll	 Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches  Assorted Specialty Pizzas   <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 Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 10	Empanadas w/ Rice & Beans	◆ Hot Open Faced Roast Beef on White Bread w/ Gravy & Mashed Potatoes	
Wednesday 11	Chicken & Cheddar Cheese Burrito w/ Salsa, Brown Rice & Black Beans	◆ Italian Sausage or Meatballs Over Pasta w/ Marinara Sauce	
Thursday 12	Macaroni & Cheese w/ Broccoli	◆ Tomato & Fresh Mozzarella Cheese Caprese Panini w/ a Tossed Salad	
Friday 13	◆ Meatlover's Pizza	Barbecue Beef Ribs on a Bun	



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Monday 16	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   <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 Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter & Yogurt   Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll ◆ Premium Item
Tuesday 17	3-Cheese Cavatappi Pasta w/ a Split Top Dinner Roll	◆ Triple-Decker Monte Cristo	
Wednesday 18	Chilaquiles w/ Rice & Beans	◆ General Tso's Chicken w/ Vegetable Fried Rice & a Fortune Cookie	
Thursday 19	Cheese Ravioli w/ Marinara Sauce	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll	
Friday 20	◆ Everything Pizza w/ a Tossed Salad	Meatball Parmesan on a Hero	



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Monday 23	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	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><i>Deli Central</i></p> <p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p>  <p>Assorted Specialty Pizzas</p> <p>PIZZA ZONE</p> <p>AMERICAN GRILLE</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 & Yogurt</p> <p><i>Daily Dish</i></p> </div> <div style="width: 45%;"> <p>FRESH FARMISTAND</p> <p>Assorted Grab & Go Salad Specials <i>Assorted salad selections are offered w/ a Roll</i></p> <p>◆ Premium Item</p> <p>FRUIT OF THE MONTH  LOCALLY GROWN GALA APPLE</p> <p>VEGETABLE OF THE MONTH  LOCALLY GROWN CORN ON THE COB</p> <p>FRESH FARMISTAND </p> </div> </div>
Tuesday 24	Cheesesteak on a Roll w/ Peppers & Onions	BBQ Beef Rib on a Hero	
Wednesday 25	National Quesadilla Day! Chicken Quesadilla w/ Local Mexican Street Corn on the Cob & Local Gala Apple	◆ Chicken Parmesan Fillet over Pasta	
Thursday 26	Pizza Quesadilla	◆ Double Cheeseburger w/ Lettuce, Tomato & Pickle on a Bun served w/ Seasoned Fries	
Friday 27	◆ Sausage & Pepper Pizza	◆ Arizona Grilled Chicken Club Sandwich w/ Bacon & Honey Mustard	



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Monday 30	Breaded Chicken Bowl w/ Quinoa & Brown Rice -or- Falafel Bowl w/ Quinoa & Brown Rice	◆ California Chicken Fillet w/ Lettuce & Tomato on a Kaiser	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; justify-content: space-between; width: 100%;"> <div style="text-align: center;">  <p>Made-to-Order Boar's Head Deli Bar Assorted Grab & Go Sandwiches</p>  </div> <div style="text-align: right;">  </div> </div> <div style="margin-top: 20px;"> <p>Assorted Specialty Pizzas</p> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <div style="text-align: center;">  </div> <div style="text-align: right;"> <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 </div> </div> <div style="margin-top: 20px;"> <p>Fresh Fruit & Yogurt Parfaits Fresh Bagel Bags w/ Cream Cheese/Butter & Yogurt</p> </div> <div style="text-align: right; margin-top: 10px;">  </div> <div style="margin-top: 20px;"> <p>FRESH FARMISTAND</p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> </div> <div style="margin-top: 20px;"> <p>◆ Premium Item</p> </div> </div>
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