

TENAFLY HIGH & MIDDLE SCHOOL – DECEMBER/JANUARY 2025



AVAILABLE DAILY

Monday 30	No School Holiday Break	No School Holiday Break	<p>Made-to-Order Dietz & Watson 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 31	No School Holiday Break	No School Holiday Break		
Wednesday 1	No School New Year's Day	No School New Year's Day		
Thursday 2	Chicken Fiesta Bowl w/ Black Beans, Peppers & Onions	◆ Grilled Chicken Panini w/ Roasted Peppers & Provolone Cheese		
Friday 3	◆ Buffalo Chicken Pizza	Buffalo Chicken Twister w/ Lettuce & Tomato		



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.





TENAFLY HIGH & MIDDLE SCHOOL – JANUARY 2025



Daily Dish



AVAILABLE DAILY

Monday 6	Chicken Quesadilla w/ Guacamole, Pico de Gallo & Sour Cream	All-Beef Hot Dog on a Bun w/ Chili & Cheese	<p><i>Deli Central</i></p> <p>Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches</p>  <p>Assorted Specialty Pizzas</p>  <p><i>Daily Dish</i></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 and 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>
Tuesday 7	Empanadas w/ Rice & Beans	◆ Grilled Chicken Gyro w/ Lettuce, Tomato & Tzatziki Sauce	
Wednesday 8	Belgian Waffle w/ Turkey Bacon or Chicken Tenders	FOODS ACROSS AMERICA KENTUCKY <i>Kentucky Hot Brown Sandwich w/ Bacon</i>	
Thursday 9	Chicken Parmesan on Bun w/ Egg Noodles & Mixed Vegetables	◆ General Tso's Chicken over Vegetable Fried Rice w/ Fortune Cookie	
Friday 10	◆ Hawaiian Pizza	◆ Grilled Chicken Panini w/ Balsamic Vinaigrette, Shredded Mozzarella Cheese & Roasted Red Peppers	



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Daily Dish

AMERICAN GRILLE

AVAILABLE DAILY

Monday 13	Eggplant Parmesan w/ a side of Pasta	◆ Double Cheeseburger on a Bun w/ Lettuce, Tomato & Pickle served w/ Potato Tots	<p><i>Deli Central</i></p> <p>Made-to-Order Dietz & Watson 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 and 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>
Tuesday 14	Grilled Cheese Wedges w/ Tomato Soup	Pulled Pork Sliders on Buns w/ Baked Beans		
Wednesday 15	FOODS ACROSS AMERICA NEW MEXICO <i>Frito Pie</i>	◆ Crispy Chicken, Bacon, and Cheddar Cheese on a Wrap		
Thursday 16	Hard-Shell Chicken or Beef Tacos w/ Rice & Beans & Corn Salsa	◆ Chicken Parmesan Fillet On a Roll		
Friday 17	◆ Vegetarian Pizza	◆ Grilled Chicken Hero w/ Avocado, Lettuce & Tomato		



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Daily Dish

AMERICAN GRILLE

AVAILABLE DAILY

Monday 20	No School Dr. MLK Jr. Day	No School Dr. MLK Jr. Day	<p><i>Deli Central</i></p> <p>Made-to-Order Dietz & Watson Deli Bar Assorted Grab & Go Sandwiches</p>  <p>Assorted Specialty Pizzas</p> <p><i>AMERICAN GRILLE</i></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><i>FRESH FARMISTAND</i></p> <p>Assorted Grab & Go Salad Specials Assorted salad selections are offered w/ a Roll</p> <p>◆ Premium Item</p>	<p>VEGETABLE OF THE MONTH</p>  <p>LOCALLY GROWN GOLD POTATOES</p> <p>PIZZA ZONE</p>
Tuesday 21	Empanadas w/ Rice & Beans	◆ Hot Open Faced Roast Beef on White Bread w/ Gravy & Mashed Potatoes		<p><i>Daily Dish</i></p> <p>FRUIT OF THE MONTH</p>  <p>LOCALLY GROWN ASIAN PEARS</p>
Wednesday 22	FOODS ACROSS AMERICA NEW YORK <i>Corned Beef Sandwich on Rye</i>	◆ Italian Sausage or Meatballs Over Pasta w/ Marinara Sauce		
Thursday 23	Macaroni & Cheese w/ Broccoli & <i>Local Asian Pear Side Salad</i>	<i>Loaded Baked Potato Soup w/ Local Gold Potatoes</i>		
Friday 24	◆ Meat Lover's Pizza	Barbecue Beef Ribs on a Bun		



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Daily Dish

AMERICAN GRILLE

AVAILABLE DAILY

Monday 27	Chicken & Waffles	◆ Chicken Fillet w/ Turkey Bacon on a Kaiser Roll	<p><i>Deli Central</i></p> <p>Made-to-Order Dietz & Watson 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 28	Celebrating the Lunar New Year <i>Peking Chicken w/ Vegetable Fried Rice</i>	◆ Triple-Decker Monte Cristo		
Wednesday 29	No School Lunar New Year	No School Lunar New Year		
Thursday 30	Cheese Ravioli w/ Marinara Sauce	◆ Chicken Cordon Bleu Sandwich – Grilled Chicken, Sliced Ham & Swiss Cheese on a Kaiser Roll		
Friday 31	◆ Everything Pizza w/ a Tossed Salad	Meatball Parmesan on a Hero		



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