

Pomperaug High School Lunch Menu

March 2024

Alternate Lunch Options Offered Daily:

Hummus Box w/ Whole Grain
Flatbread and Assorted Veggies

Signature Wrap: Kickin Chicken

Yogurt Parfait w/ Homemade
Granola

Chicken Caesar Salad

Or

Deli Bar

Choice of

Boar's Head

Turkey, Ham, Buffalo Chicken,
Tuna

Cheese: American

Toppings: Lettuce, Tomato,
Pickles, Banana Peppers, Jalapeno
Peppers, Olives, Mayo, Mustard,
Hot Sauce

Lunch Pricing:

Free/Reduced Students: All meals free

Paid Students: Hot Lunch \$3.55

Paid Students: Deli / Alternate \$4.05

Milk only: \$0.75

All meals options are served
with two fruit, two veggies
and a milk.

Choice of 1% white milk,
non-fat chocolate milk &
strawberry milk

Monday

Cheese Quesadillas
w/ Salsa & Sour
Cream

Rainbow Fruit and
Veggie Tray 26

Mozzarella Sticks w/
Marinara Sauce

Frozen Fruit Treat
Rainbow Fruit and
Veggie Tray 4

Bosco Sticks w/
Marinara Sauce

Rainbow Fruit and
Veggie Tray 11

Pizza Crunchers

Smoothie Day

Rainbow Fruit and
Veggie Tray 18

Beef Nachos w/ Hot
Honey Beef
Assorted Toppings

Rainbow Fruit and
Veggie Tray 25

Tuesday

Mashed Potato Bowl
w/ Dinner Roll

Rainbow Fruit and
Veggie Tray 27

Pasta w/ Meatballs
Garlic Knot

Rainbow Fruit and
Veggie Tray 5

Land O' Lakes
Mac & Cheese
with Garlic Knot

Rainbow Fruit and
Veggie Tray 12

First Day of Spring

Dutch Waffle
w/ Turkey Sausage
Hash Brown
Bloom Sidekick
Rainbow Fruit and
Veggie Tray 19

General Tso Chicken
Brown Rice

Rainbow Fruit and
Veggie Tray 26

Wednesday

Philly Cheese Steak
on Ciabatta with
Peppers and Onions
Oven Baked Fries

Rainbow Fruit and
Veggie Tray 28

Orange Chicken
Brown Rice

Rainbow Fruit and
Veggie Tray 6

Chili Bowl with
Assorted Toppings

Rainbow Fruit and
Veggie Tray 13

Walking Taco with
Assorted Toppings

Rainbow Fruit and
Veggie Tray 20

Deli Sandwiches
Hummus Box

Rainbow Fruit and
Veggie Tray 27

Thursday

Chicken Patty on
Whole Grain Roll
Sweet Potato Fries

Rainbow Fruit and
Veggie Tray 29

Chicken Nuggets
Oven Baked Fries
Dinner Roll

Rainbow Fruit and
Veggie Tray 7

Popcorn Chicken
Oven Baked Fries
Dinner Roll

Rainbow Fruit and
Veggie Tray 14

Chicken Tenders
Oven Baked Fries
Dinner Roll

Rainbow Fruit and
Veggie Tray 21

Baseball Opening Day

Hot Dog on Whole
Grain Bun
Assorted Toppings,
Baked Beans, Oven
Baked Fries
Popcorn 28

Friday

Assorted Pizza

Rainbow Fruit and
Veggie Tray 1

Deli Sandwiches
Hummus Box

Rainbow Fruit and
Veggie Tray 8

Assorted Pizza

Rainbow Fruit and
Veggie Tray 15

Assorted Pizza

Rainbow Fruit and
Veggie Tray 22

Good Friday

No School

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