

Pomperaug High School Lunch Menu

April 2024

Alternate Lunch Options Offered Daily:

Hummus Box w/ Whole Grain Flat Bread and Assorted Veggies

Yogurt Parfait w/ Homemade Granola

Signature Wrap: Kickin Chicken

Or

Deli Bar

Choice of Boar's Head Turkey, Ham, Buffalo Chicken, Tuna

Cheese: American, Provolone

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



Monday

Mozzarella Sticks w/ Marinara Sauce
Smile Chat Snax
Graham Crackers
Rainbow Fruit and Veggie Tray 1



Tuesday

Chicken Club BLT on Whole Grain Bun
Oven Baked Fries

Rainbow Fruit and Veggie Tray 2

Wednesday

Stuffed Shells
Garlic Breadstick Twist

Rainbow Fruit and Veggie Tray 3

Thursday

Popcorn Chicken Bowl w/ Mashed Potato and Corn Dinner Roll

Rainbow Fruit and Veggie Tray 4

Friday

Mini Pizza Bagels

Rainbow Fruit and Veggie Tray 5



Total Solar Eclipse happening in parts of the USA today!

Grilled Cheese with Chicken
Noodle Soup
Sunchips

Rainbow Fruit and Veggie Tray 8

French Toast Sticks w/
Turkey Sausage
French Fries

Rainbow Fruit and Veggie Tray 9

Orange Chicken
Brown Rice

Rainbow Fruit and Veggie Tray 10

Chicken Dippin Sandwich w/ Pickles on Whole Grain Bun
Oven Baked Fries

Rainbow Fruit and Veggie Tray 11

Mini Pizza Bagels

Rainbow Fruit and Veggie Tray 12



15



16



17



18



19

Bosco Sticks w/ Marinara Sauce

Rainbow Fruit and Veggie Tray

22

Walking Taco w/ Assorted Toppings

Rainbow Fruit and Veggie Tray

23

Hamburger on Whole Grain Bun
Oven Baked Beans
Oven Baked Fries

Rainbow Fruit and Veggie Tray

24

Popcorn Chicken w/ Oven Baked Fries and a Dinner Roll

Rainbow Fruit and Veggie Tray

25

Mini Pizza Bagels

Rainbow Fruit and Veggie Tray

26

Quesadilla w/ Salsa & Sour Cream

Rainbow Fruit and Veggie Tray

29

Pasta w/ Meat Sauce
Garlic Knot

Rainbow Fruit and Veggie Tray

30

Chicken Nachos w/ Assorted Toppings

Rainbow Fruit and Veggie Tray

1

Mini Chicken Sliders on Waffle Hash Brown

Rainbow Fruit and Veggie Tray

2

Mini Pizza Bagels

Rainbow Fruit and Veggie Tray

3

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 one fruit, two veggies and a milk.

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