

# Pomperaug High School Lunch Menu

## May 2024

May 3rd is School Lunch Hero Day!  
Thank your School's Food Service Staff for all they do!



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Alternate Lunch Options Offered Daily:

Hummus Box w/ Whole Grain Flatbread and Assorted Veggies

Yogurt Parfait w/ Homemade Granola

Chicken Caesar Salad

Signature Wrap: Kickin Chicken

Or

#### Deli Bar

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

Cheese: American, Provolone, Pepper Jack

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

Quesadilla w/ Salsa & Sour Cream  
Rainbow Fruit and Veggie Tray

29

Pasta w/ Meat Sauce  
Garlic Breadstick Twist

Rainbow Fruit and Veggie Tray

30

Chicken Nachos w/ Assorted Toppings

Rainbow Fruit and Veggie Tray

1

Chicken Slider on a Mini Waffle  
Oven Baked Fries

Rainbow Fruit and Veggie Tray

2

Assorted Pizza

Rainbow Fruit and Veggie Tray

3

Mozzarella Sticks w/ Marinara Sauce

Rainbow Fruit and Veggie Tray

6

General Tso Chicken  
Brown Rice

Rainbow Fruit and Veggie Tray

7

Egg Sandwiches on a Ciabatta w/ Turkey Sausage or Bacon  
Hash Brown

Rainbow Fruit and Veggie Tray

8

Mashed Potato Bowl w/ Popcorn Chicken

Rainbow Fruit and Veggie Tray

9

Assorted Pizza

Rainbow Fruit and Veggie Tray

10

Half Day Deli Sandwiches  
Hummus Boxes

Rainbow Fruit and Veggie Tray

13

Walking Taco w/ Seasoned Ground Beef  
Salsa & Sour Cream

Rainbow Fruit and Veggie Tray

14

Chicken Dumplings  
Brown Rice  
Veggie Egg Roll



Rainbow Fruit and Veggie Tray

15

Chicken Patty (regular or spicy) on Whole Grain Bun  
Oven Baked Fries

Rainbow Fruit and Veggie Tray

16

Assorted Pizza

Rainbow Fruit and Veggie Tray

17

Bosco Sticks w/ Marinara Sauce

Rainbow Fruit and Veggie Tray

20

Hamburger or Cheeseburger on Whole Grain Roll  
Oven Baked Fries

Rainbow Fruit and Veggie Tray

21

Orange Chicken  
Brown Rice

Rainbow Fruit and Veggie Tray

22

Popcorn Chicken  
Oven Baked Fries  
Dinner Roll

Rainbow Fruit and Veggie Tray

23

Assorted Pizza

★★★ Stars & Stripes Frozen Fruit Treat  
Rainbow Fruit and Veggie Tray

24

No School Memorial Day



27

Burrito Bowl w/ Brown Rice

Rainbow Fruit and Veggie Tray

28

French Toast Sticks w/ Turkey Sausage

Rainbow Fruit and Veggie Tray

29

Chicken Nuggets  
Oven Baked Fries  
Dinner Roll

Rainbow Fruit and Veggie Tray

30

Assorted Pizza

Rainbow Fruit and Veggie Tray

1

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

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