

# Pomperaug High School Lunch Menu

## August / September 2024

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



No School 2  
Labor Day



9  
Bosco Sticks w/  
Marinara Sauce

Rainbow Fruit and Veggie Tray

16  
Pizza Crunchers  
Rainbow Fruit and Veggie Tray

23  
Grilled Cheese on Whole Grain Bread Oven Baked Fries

Rainbow Fruit and Veggie Tray

27  
Cheese Quesadilla w/ Salsa and Sour Cream

Rainbow Fruit and Veggie Tray

3  
Hot Dog on Whole Grain Bun Oven Baked Fries

Rainbow Fruit & Veggie Tray

10  
General Tso Chicken w/ Brown Rice

Rainbow Fruit and Veggie Tray

17  
Seasoned Beef Nachos w/ Salsa and Sour Cream  
Rainbow Fruit and Veggie Tray

24  
Orange Chicken w/ Brown Rice

Rainbow Fruit and Veggie Tray

28  
Mozzarella Sticks w/ Marinara Sauce

Rainbow Fruit and Veggie Tray

4  
Brunch for Lunch Waffles Turkey Sausage Oven Baked Fries

Rainbow Fruit & Veggie Tray

11  
Egg & Cheese or Sausage, Egg & Cheese on Whole Grain Croissant with Hash Brown

Rainbow Fruit & Veggie Tray

18  
Pasta w/ Meat Sauce Garlic Knot  
Rainbow Fruit and Veggie Tray

25  
Brunch for Lunch French Toast Sticks Turkey Sausage Oven Baked Fries

Rainbow Fruit & Veggie Tray

29  
Chicken Nuggets Oven Baked Fries Dinner Roll

Rainbow Fruit & Veggie Tray

5  
Popcorn Chicken Oven Baked Fries Dinner Roll

Rainbow Fruit & Veggie Tray

12  
Chicken Tenders Oven Baked Fries Dinner Roll

Rainbow Fruit & Veggie Tray

19  
Chicken Patty on Whole Grain Bun Oven Baked Fries

Rainbow Fruit & Veggie Tray

26  
Chicken Nuggets Oven Baked Fries Dinner Roll

Rainbow Fruit & Veggie Tray

30  
Assorted Pizza Mixed Green Salad

Rainbow Fruit & Veggie Tray

6  
Assorted Pizza Mixed Green Salad

Rainbow Fruit & Veggie Tray

13  
Assorted Pizza Mixed Green Salad

Rainbow Fruit & Veggie Tray

20  
Assorted Pizza Mixed Green Salad

Rainbow Fruit & Veggie Tray

27  
Assorted Pizza Mixed Green Salad

Rainbow Fruit & Veggie Tray

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