

# Pomperaug High School Lunch Menu

## February 2025

Monday      Tuesday      Wednesday      Thursday      Friday

### 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

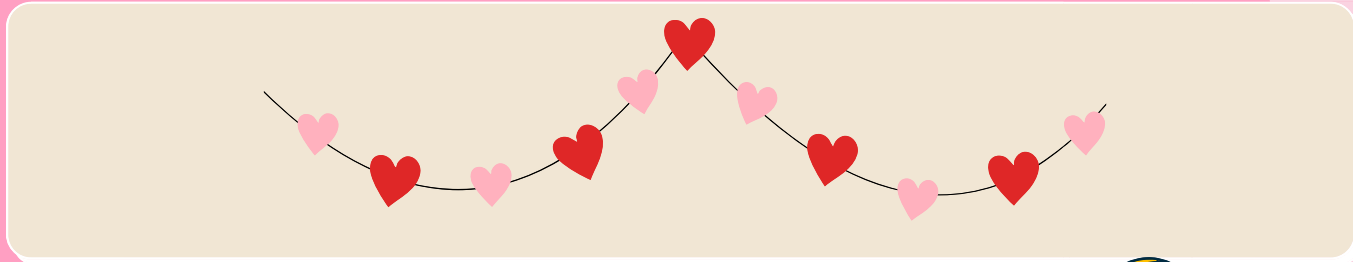
Choice of Boar's Head Turkey, Ham, Buffalo Chicken, Tuna

Cheese: American

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



All meals options are served with two fruit, two veggies and a milk. Choice of 1% white milk, non-fat chocolate milk & non-fat strawberry milk



<p>3</p> <p>Bosco Sticks Marinara Sauce</p> <p>Rainbow Fruit &amp; Veggie Tray</p>	<p>4</p> <p>French Toast Sticks Turkey Sausage</p> <p>Rainbow Fruit &amp; Veggie Tray</p>	<p>5</p> <p>Chicken Tenders Orange Chicken Brown Rice</p> <p>Rainbow Fruit &amp; Veggie Tray</p>	<p>6</p> <p>Assorted Pizza</p> <p>Rainbow Fruit &amp; Veggie Tray</p>	<p>7</p> <p>Buffalo or BBQ Chicken w/ Ranch or Blue Cheese Oven Baked Fries Warm Pretzel</p> <p>Rainbow Fruit &amp; Veggie Tray</p>
<p>10</p> <p>Mozzarella Sticks w/ Marinara Sauce</p> <p>Rainbow Fruit &amp; Veggie Tray</p>	<p>11</p> <p>Tatchos w/ Hot Honey Beef</p> <p>Dinner Roll Rainbow Fruit &amp; Veggie Tray</p>	<p>12</p> <p>Meatball Grinder Oven Baked Fries Be Mine Sidekick</p> <p>Rainbow Fruit &amp; Veggie Tray</p>	<p>13</p> <p>Waffle Bar Turkey Sausage</p> <p>Rainbow Fruit &amp; Veggie Tray</p>	<p>14</p> <p>Professional Development Day No School</p>
<p>17</p> <p>Presidents Day No School</p>	<p>18</p> <p>No School</p>	<p>19</p> <p>Hamburger or Cheeseburger w/ Oven Baked Fries</p> <p>Rainbow Fruit &amp; Veggie Tray</p>	<p>20</p> <p>Chicken Nuggets Oven Baked Fries Dinner Roll</p> <p>Rainbow Fruit &amp; Veggie Tray</p>	<p>21</p> <p>Assorted Pizza</p> <p>Rainbow Fruit &amp; Veggie Tray</p>
<p>24</p> <p>Cheese Quesadilla w/ Salsa and Sour Cream</p> <p>Rainbow Fruit &amp; Veggie Tray</p>	<p>25</p> <p>Pasta w/ Meat Sauce Garlic Knot</p> <p>Rainbow Fruit &amp; Veggie Tray</p>	<p>26</p> <p>Grilled Cheese Tomato Soup Oven Baked Fries</p> <p>Rainbow Fruit &amp; Veggie Tray</p>	<p>27</p> <p>Chicken Patty on Whole Grain Roll Sweet Potato Fries</p> <p>Rainbow Fruit &amp; Veggie Tray</p>	<p>28</p> <p>Assorted Pizza</p> <p>Rainbow Fruit &amp; Veggie Tray</p>