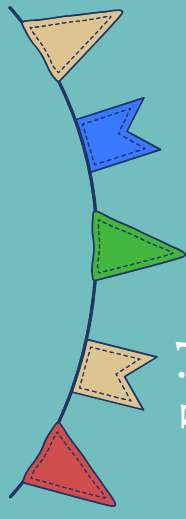




Pomperaug High School Lunch Menu

August / September 2025



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: Free

Reduced \$0.40

Paid Students: Hot Lunch \$3.80

Paid Students: Deli/Alternate \$4.30

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

1
No School
Labor Day



8
Bosco Sticks w/
Marinara Sauce

Rainbow Fruit and
Veggie Tray

15
Pizza Crunchers

Rainbow Fruit and
Veggie Tray

22
Grilled Cheese on
Whole Grain Bread
Oven Baked Fries

Rainbow Fruit and
Veggie Tray

26
Cheese Quesadilla w/
Salsa and Sour Cream

Rainbow Fruit and
Veggie Tray

2
Hot Dog on Whole
Grain Bun
Oven Baked Fries

Rainbow Fruit &
Veggie Tray

9
General Tso Chicken
w/ Brown Rice

Rainbow Fruit and
Veggie Tray

16
Dutch Waffle w/
Turkey Sausage
Oven Baked Fries

Rainbow Fruit and
Veggie Tray

23
No School
Rosh Hashanah

27
Mozzarella Sticks w/
Marinara Sauce

Rainbow Fruit and
Veggie Tray

3
French Toast Sticks w/
Turkey Sausage

Rainbow Fruit & Veggie
Tray

10
Hamburger or
Cheeseburger w/
French Fries

Rainbow Fruit and
Veggie Tray

17
Seasoned Beef
Nachos w/ Salsa and
Sour Cream

Rainbow Fruit and
Veggie Tray

24
Pasta w/ Meat Sauce
Garlic Knot

Rainbow Fruit and
Veggie Tray

28
Chicken Nuggets
Oven Baked Fries
Dinner Roll

Rainbow Fruit &
Veggie Tray

4
Popcorn Chicken
Oven Baked Fries
Dinner Roll

Rainbow Fruit &
Veggie Tray

11
Chicken Tenders
Oven Baked Fries
Dinner Roll

Rainbow Fruit &
Veggie Tray

18
Popcorn Chicken
Bowl
Dinner Roll

Rainbow Fruit &
Veggie Tray

25
Chicken Patty on
Whole Grain Bun
Oven Baked Fries

Rainbow Fruit &
Veggie Tray

29
Assorted Pizza
Mixed Green Salad

Rainbow Fruit &
Veggie Tray

5
Assorted Pizza
Mixed Green Salad

Rainbow Fruit &
Veggie Tray

12
Assorted Pizza
Mixed Green Salad

Rainbow Fruit &
Veggie Tray

19
Assorted Pizza
Mixed Green Salad

Rainbow Fruit &
Veggie Tray

26
Assorted Pizza
Mixed Green Salad

Rainbow Fruit &
Veggie Tray

