



Pomperaug High School Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Alternate Lunch Options Offered Daily:

Hummus Box w/ Whole Grain Flat Bread and Assorted Veggies

Yogurt Parfait w/ Homemade Granola

Signature Wrap: Kickin Chicken

Chicken Ceasar Salad

Or

Deli Bar

Choice of Boar's Head

Turkey, Ham, Buffalo Chicken, Combo, Tuna

Cheese: American, Provolone

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

Popcorn Chicken
Oven Baked Fries
Dinner Roll

Rainbow Fruit and Veggie Tray

1

Assorted Pizza
Mixed Green Salad

Rainbow Fruit and Veggie Tray

2

No School
Good Friday

Rainbow Fruit and Veggie Tray

3

Max Sticks w/
Marinara Sauce

Rainbow Fruit and Veggie Tray

NEW!

6

Chicken Fajita Bowl
w/ Assorted Toppings

Rainbow Fruit and Veggie Tray

7

Meatball Sub
w/ Oven Baked Fries

Rainbow Fruit and Veggie Tray

8

Chicken Tenders w/
Oven Baked Fries and a
Dinner Roll

Rainbow Fruit and Veggie Tray

9

Assorted Pizza
Mixed Green Salad

Enjoy some Cocoa
Cake Before We Take a
Break!



Rainbow Fruit and Veggie Tray

10



13



14



15



16



17

Quesadilla w/ Salsa
and Sour Cream

Rainbow Fruit and Veggie Tray

20

Pasta
w/ Meat Sauce
Breadstick Twist

Rainbow Fruit and Veggie Tray

21

French Toast Sticks w/
Turkey Sausage

Rainbow Fruit and Veggie Tray

22

Chicken Nuggets w/
Oven Baked Fries and
a Dinner Roll

Rainbow Fruit and Veggie Tray

23

24
Assorted Pizza

Mixed Green Salad

Rainbow Fruit and Veggie Tray



Bosco Sticks w/
Marinara Sauce

Rainbow Fruit and Veggie Tray

27

Orange Chicken
w/ Brown Rice

Rainbow Fruit and Veggie Tray

28

**Half Day
Deli Sandwiches
Hummus Boxes**

29

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

Rainbow Fruit and Veggie Tray

30

Assorted Pizza

Mixed Green Salad

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

**May 1st is
School Lunch
Hero Day!
Thank your
School's Food
Service Staff
for all they do!**