

Pomperaug High School Lunch Menu

May 2026

Monday

Tuesday

Wednesday

Thursday

Friday



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

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, Combo, Tuna

Cheese: American,
 Provolone, Pepper Jack

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

Egg and Cheese on
 a Croissant w/
 Bacon
 Hash Brown
 Rainbow Fruit and
 Veggie Tray 4

Walking Taco w/
 Seasoned Ground
 Beef
 Salsa & Sour Cream
 Rainbow Fruit and
 Veggie Tray 5

General
 Tso/Orange
 Chicken
 Brown Rice
 Rainbow Fruit and
 Veggie Tray 6

Chicken Nuggets
 Oven Baked Fries
 Dinner Roll
 Rainbow Fruit and
 Veggie Tray 7

Assorted Pizza
 Mixed Green Salad
 Rainbow Fruit and
 Veggie Tray 8

Mozzarella Sticks
 w/
 Marinara Sauce
 Rainbow Fruit and
 Veggie Tray 11

Pasta w/
 Meat Sauce
 Breadstick Twist
 Rainbow Fruit and
 Veggie Tray 12

Steak Sandwich w/
 Oven Baked Fries
 Rainbow Fruit and
 Veggie Tray 13

Popcorn Chicken
 Oven Baked Fries
 Dinner Roll
 Rainbow Fruit and
 Veggie Tray 14

Assorted Pizza
 Mixed Green Salad
 Rainbow Fruit and
 Veggie Tray 15

Quesadilla w/
 Salsa & Sour Cream
 Rainbow Fruit and
 Veggie Tray 18

Cheeseburger or
 Black Bean Burger
 on Whole Grain
 Roll
 Oven Baked Fries
 Rainbow Fruit and
 Veggie Tray 19

General
 Tso/Orange
 Chicken
 Brown Rice
 Rainbow Fruit and
 Veggie Tray 20

Assorted Chicken
 Oven Baked Fries
 Dinner Roll
 Rainbow Fruit and
 Veggie Tray 21

Assorted Pizza
 Mixed Green Salad
 Frozen Fruit Treat
 Rainbow Fruit and
 Veggie Tray 22

No School
 Memorial Day

 25

Fajita Bowl w/
 Brown Rice
 Rainbow Fruit and
 Veggie Tray 26

Bosco Sticks w/
 Marinara Sauce
 Rainbow Fruit and
 Veggie Tray 27

Assorted Chicken
 Oven Baked Fries
 Dinner Roll
 Rainbow Fruit and
 Veggie Tray 28

Assorted Pizza
 Mixed Green Salad
 Rainbow Fruit and
 Veggie Tray 29

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

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