



Pomperaug High School Lunch Menu

September 2026



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, Combo

Cheese: American, Provolone,
Pepper Jack

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



Lunch Pricing:

Free: Free

Reduced: Free

Paid Students: Hot Lunch \$4.05

Paid Students: Deli/Alternate \$4.55

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

**No School
Labor Day**



Bosco Sticks w/
Marinara Sauce

Rainbow Fruit and
Veggie Tray

**No School
Yom Kippur**

Max Stix w/ Marinara
Sauce

Rainbow Fruit and
Veggie Tray

Cheese Quesadilla w/
Salsa and Sour Cream

Rainbow Fruit and
Veggie Tray

Mozzarella Sticks w/
Marinara Sauce

Rainbow Fruit and
Veggie Tray

Steak & Cheese
Sandwich w/ French
Fries

Rainbow Fruit and
Veggie Tray

Grilled Cheese on
Whole Grain Bread
Oven Baked Fries

Rainbow Fruit and
Veggie Tray

Seasoned Chicken
Nachos w/ Salsa,
Queso and Sour
Cream

Rainbow Fruit and
Veggie Tray

General Tso Chicken
w/ Brown Rice

Rainbow Fruit and
Veggie Tray

Mini Waffles w/
Turkey Sausage
Hssh Brown

Rainbow Fruit and
Veggie Tray

Orange Chicken w/
Brown Rice

Rainbow Fruit and
Veggie Tray

French Toast Sticks w/
Turkey Sausage

Rainbow Fruit & Veggie
Tray

General Tso Chicken
w/ Brown Rice

Rainbow Fruit and
Veggie Tray

Chicken Nuggets
Oven Baked Fries
Dinner Roll

Rainbow Fruit &
Veggie Tray

Popcorn Chicken
Oven Baked Fries
Dinner Roll

Rainbow Fruit &
Veggie Tray

Chicken Tenders
Oven Baked Fries
Dinner Roll

Rainbow Fruit &
Veggie Tray

Popcorn Chicken Bowl
Whole Grain biscuit

Rainbow Fruit & Veggie
Tray

Chicken Patty on
Whole Grain Bun
Oven Baked Fries

Rainbow Fruit &
Veggie Tray

Assorted Pizza
Mixed Green Salad

Rainbow Fruit &
Veggie Tray

Assorted Pizza
Mixed Green Salad

Rainbow Fruit &
Veggie Tray

Assorted Pizza
Mixed Green Salad

Rainbow Fruit &
Veggie Tray

Assorted Pizza
Mixed Green Salad

Rainbow Fruit &
Veggie Tray

Assorted Pizza
Mixed Green Salad

Rainbow Fruit &
Veggie Tray

