

**Alternate Lunch Options
Offered Daily:**

Hummus Box w/ Whole Grain
Flatbread and Assorted
Veggies

Yogurt Parfait w/
Homemade Granola

Chicken Caesar Salad

Signature Wrap: Kick'n
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

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**

Pomperaug High School Lunch Menu

October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

All salads are made with Hydroponic
Lettuce from H2o Farms in Guilford



Apples served all month are from Hidden
Gem Orchard in Southbury



**Breakfast is free
for all students**

Chicken Patty on
Whole Grain Bun
Oven Baked Fries

Rainbow Fruit &
Veggie Tray

3
Assorted Pizza
Mixed Green Salad

Rainbow Fruit & Veggie
Tray

5

6

7

8

9

Please see the special menu for CT Grown for CT Kids week

12

**No School
Columbus Day/
Indigenous People Day**



13

Orange Chicken w/
Brown Rice

Rainbow Fruit and
Veggie Tray

14

Chicken Tenders
Oven Baked Fries
Dinner Roll

Rainbow Fruit &
Veggie Tray

15

Assorted Pizza
Mixed Green Salad

Rainbow Fruit & Veggie
Tray

16

**No School
Professional
Development Day**

19

Mozzarella Sticks w/
Marinara Sauce

Rainbow Fruit and
Veggie Tray

20

French Toast Sticks
w/ Turkey Sausage

Rainbow Fruit &
Veggie Tray

21

Chicken Rice Bowl w/
Assorted Toppings

Rainbow Fruit and
Veggie Tray

22

Chicken Dippin'
Sandwich on Whole
Grain Bun
Oven Baked Fries

Rainbow Fruit &
Veggie Tray

23

Assorted Pizza
Mixed Green Salad

Rainbow Fruit & Veggie
Tray

26

Grilled Cheese w/
Oven Baked Fries and
Tomato Soup

Rainbow Fruit & Veggie
Tray

27

General Tso Chicken
w/ Brown Rice

Rainbow Fruit and
Veggie Tray

28

Cheese Quesadilla w/
Salsa & Sour Cream

Rainbow Fruit and
Veggie Tray

29

Popcorn Chicken
Oven Baked Fries
Dinner Roll

Rainbow Fruit &
Veggie Tray

30

Assorted Pizza
Mixed Green Salad
Pumpkin Bread

Rainbow Fruit & Veggie
Tray