Pomperaug High School Lunch Menu

November 2026

Alternate Lunch Options Offered Daily:

Hummus Box w/ Whole Grain Flatbread and Assorted Veggies

Yogurt Parfait w/ Homemade Granola

NEW

Special: Pumpkin Pie Parfait

Chicken Ceasar Salad

Signature Wrap: Kick'n 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 & non-fat strawberry milk

REMINDER

Payment Options for Region 15 Families:
MySchoolBucks (Online): Add funds and view balances at **MySchoolBucks**. A small service fee applies.
Checks or Cash
Payable to *Region 15 Food Service Program*.
Middle & High Schools: Students may bring checks or cash directly to cafeteria staff.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bosco Sticks w/ Marinara Or Fruit Smoothie w/ Whole Grain Pretzel Rainbow Fruit & Veggie Tray	3 Hamburger or Cheeseburger Whole Grain Bun Onion Rings Rainbow Fruit & Veggie Tray	4 Pasta with Meat Sauce Garlic Breaststick Rainbow Fruit & Veggie Tray	5 Popcorn Chicken Oven Baked Fries Dinner Roll Rainbow Fruit & Veggie Tray	6 Assorted Pizza Mixed Green Salad w/ Maple Balsamic Dressing Rainbow Fruit & Veggie Tray
9 Mozzarella Sticks w/ Marinara Sauce Rainbow Fruit and Veggie Tray	10 Cheese Quesadilla w/ Salsa & Sour Cream Rainbow Fruit & Veggie Tray	11 Orange Chicken or w/ Brown Rice Rainbow Fruit and Veggie Tray	12 Chicken Patty Oven Baked Fries Dinner Roll Rainbow Fruit & Veggie Tray	13 Assorted Pizza Mixed Green Salad w/ Maple Balsamic Dressing Rainbow Fruit & Veggie Tray
16 Grillcd Cheese w/ Oven Baked Fries Rainbow Fruit and Veggie Tray	17 Walking Taco w/ Seasoned Beef w/ Salsa, Sour Cream Rainbow Fruit & Veggie Tray	18 General Tso's Chicken w/ Brown Rice Rainbow Fruit and Veggie Tray	19 Chicken Nuggets Oven Baked Fries Dinner Roll Rainbow Fruit & Veggie Tray	20 Assorted Pizza Mixed Green Salad w/ Maple Balsamic Dressing Rainbow Fruit & Veggie Tray
23 Chicken Tenders Oven Baked Fries Warm Turkey Pretzel Turkey Cookie Rainbow Fruit & Veggie Tray	24 Assorted Pizza Mixed Green Salad w/ Maple Balsamic Dressing Frozen Treat Rainbow Fruit & Veggie Tray	25 Happy Thanksgiving	26 No School Thanksgiving Recess	27

All salads are made with Hydroponic Lettuce from H20 Farm in Guilford

This institution Is an equal opportunity provider