

### Monday

**Everyday Offerings:**  
Assorted Fresh and Canned Fruit  
Rainbow Veggie Tray  
100% Fruit Juice  
Choice of  
Unflavored Low fat or  
Flavored Fat free Milk

Totally Tacos! (Ground Beef in Cheese in a Tortilla)  
Salsa/Sour Cream  
Brown Rice  
Corn and Black Bean Salad

Chicken and Waffles  
Tater Tots  
Maple Syrup  
Corn

Chicken Tenders  
Potato Wedges  
Glazed Carrots  
Garlic Knot

Memorial Day  
No School

### Tuesday

Chicken Nuggets  
Potato Wedges  
Glazed Carrots  
WG Honey Biscuit

New! Teriyaki Bowl  
Teriyaki Meatballs  
Brown Rice  
Broccoli

General Tso Chicken  
Vegetable Fried Rice  
Broccoli

French Toast Sticks  
Oven Roasted Potatoes  
Chicken Sausage  
Patties  
Maple Syrup

### Wednesday

All Meals include  
choice of entrée, milk,  
fruit, hot and cold  
vegetable. Must include  
at least one fruit or  
vegetable.

Homemade Pasta and  
Meat Sauce  
WG Breadstick  
Mixed Veggies

Mozzarella Sticks  
Marinara Sauce  
Oven Baked Fries

WG Mac & Cheese  
WG Breadstick  
Green Beans

New! Stuffed Shells  
Marinara Sauce  
Garlic Knot  
Broccoli

### Thursday

Grilled Cheese  
Tomato Soup  
Curly Fries

Sausage, Egg and Cheese  
on a Croissant  
Tater Tots  
Fruit Crisp

Chicken Penne Alfredo  
WG Garlic Knot  
Green Beans

Wild Mike Bites  
Marinara Sauce  
Oven Baked Fries  
Mixed  
Vegetables

Boneless Wings  
Dipping Sauce  
Dinner Roll  
Curly Fries  
Carrots and Celery with  
Ranch Dressing

### Friday

Stuffed Crust Pizza  
Caesar Salad

Cheese Pizza  
Pepperoni Pizza  
Garden Salad with  
Italian

Stuffed Crust Pizza  
Caesar Salad

Cheese Pizza  
Buffalo Chicken Pizza  
Garden with Ranch

Cheese Pizza  
Pepperoni Pizza  
Garden Salad with  
Italian Dressing

#### DAILY ALTERNATIVE MEALS:

Fruit Yogurt Parfaits  
Assorted Salads  
Assorted Deli Sandwiches  
Caesar Wrap  
Monday – Crispy Chicken Sandwich  
Tuesday – French Bread Pizza  
Wednesday – Chicken Bacon Ranch Sandwich  
Thursday – Pizza Bagel  
Friday – Cheeseburger

Menu is subject to change. This institution is an equal opportunity provider.

Contact Food Service Director Jennifer Zarrilli, MS, RDN, CDN with any questions – 203-879-8145 or [jzarrilli@thomastonschools.org](mailto:jzarrilli@thomastonschools.org)