

**LUNCH**

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

**APRIL 2026**  
TCS

School Year 2025/26 Lunch Prices:  
Reduced: 0.40  
Full Pay: \$3.75  
Make payments, check transactions or apply for free and reduced meals online @ [linqconnect.com](http://linqconnect.com)

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**DAILY ALTERNATIVE MEALS:**

- Choice 2:** Sun Butter and Jelly Sandwich
- Choice 3:** Crispy Chicken or Vegetarian Salad
- Choice 4:** Bagel Box (Week of 3/30 & 4/20)
- Choice 4:** Muffin Box (Week of 4/13 & 4/27)

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

**APRIL FOOLS** April Fool's Day!  
**Choice 1:**  
Chicken Patty Sandwich  
Mystery Dip Madness  
Silly Shoestring Fries  
Jolly Orange Giggles (Orange Wedges)

**Choice 1:**  
Personal Cheese Pizza  
Garden Salad with Ranch Dressing

**No School**

**No School**

**No School**

**No School**

**No School**

**No School**

**Enjoy April Break!**

**Choice 1:**  
Pizza Crunchers  
Potato Wedges

**National Gardening Day!**

**Choice 1:**  
Chicken and Waffles  
Maple Syrup  
Glazed Carrots

**Choice 1:**  
Grandma's Pasta and Meatballs  
WG Garlic Knot  
Broccoli

**Choice 1:**  
Beef Nachos (Seasoned Ground Beef with Tortilla Chips)  
Cheddar Cheese Sauce  
Salsa & Sour Cream  
Black Bean and Corn Salad

**Choice 1:**  
Stuffed Crust Pizza  
Garden Salad  
With Italian Dressing

**Choice 1:**  
Rippins (Pull Apart Cheesy Bread)  
Marinara Sauce  
Broccoli

**Choice 1:**  
Chicken Smackers  
Mashed Potatoes  
Steamed Corn  
WG Honey Biscuit

**Earth Day!**  
**Choice 1:**  
Ramen Noodles  
Seasoned Chicken  
Zen Garden Veggies

**National Picnic Day!**  
**Choice 1:**  
Backyard Cheeseburger  
**Harvest Alert!** Potato Salad  
Campfire Baked Beans  
Fresh Watermelon!

**Choice 1:**  
Pizza Bagel Bites  
Garden Salad with Ranch Dressing

**Super Hero Day!**

**Choice 1:**  
Mighty Hero MaxStix  
Marinara Sauce  
Garlic Green Beans

**Choice 1:**  
Chicken Tenders  
Texas Toast  
Crinkle Cut Fries

**Choice 1:**  
Bread Stick Dunkers  
Meat Sauce  
Broccoli

**National Tie Dye Day!**  
**Choice 1:**  
Blueberry Pancakes  
Chicken Sausage  
**Harvest Alert!**  
Oven Roasted Potatoes  
Johnny Pops Rainbow Pop!

**Harvest of the Month: Potatoes!**  
This month we're celebrating potatoes—one of Connecticut's locally grown crops! Potatoes give your body energy to learn and play, and they're packed with **vitamin C and potassium**, which help keep your muscles strong and your immune system healthy. Keep an eye on the menu and try some tasty potato dishes this month!



Menu is subject to change. Students with food allergies should notify the cafeteria staff and check with the food service manager before selecting meals. This institution is an equal opportunity provider. Contact Food Service Director, Jennifer Zarrilli, MS, RDN, CDN with any questions 203-879-8145 or [jjzarrilli@thomastonschools.org](mailto:jjzarrilli@thomastonschools.org)

