

 **LUNCH**

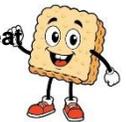
Everyday Offerings:
 Assorted Fresh and Canned Fruit
 Rainbow Veggie Tray
 100% Fruit Juice
 Choice of
 Unflavored Low fat or
 All Meals include choice of Flavored
 Fat free Milk

MARCH 2026
 TCS

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

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

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

<p>2</p> <p>Pizza Crunchers, Potato Wedges</p> 	<p>Read Across America Day! 3</p> <p>The Crunch-a-Munch Chicken Lunch! (Crispy Chicken Sandwich) Sneetchy-Sweetchee Stringy Fries, Chicken Dippin Sauce</p>	<p>4</p> <p>Pasta & Meatballs, Garlic Knot, Broccoli National Snack Day Enter to Win a Snack by having School Lunch!</p>	<p>5</p> <p>Chicken Quesadilla, Corn & Back Bean Salad, Salsa & Sour Cream</p>	<p>National Cereal Day! 6</p> <p>Stuffed Crust Pizza, Garden Salad with Ranch Dressing Get a Mini Rice Krispy Treat with lunch!</p> 
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<p>9</p> <p>Pull Apart Cheesy Bread, Marinara Sauce, Broccoli</p>	<p>10</p> <p>Chicken Smackers, Mashed Potatoes, Steamed Corn, Honey Biscuit</p>	<p>11</p> <p>Chicken Penne Alfredo, Garlic Knot, New! Mediterranean Chick Pea Salad</p>	<p>12</p> <p>French Toast Sticks, Chicken Sausage, Hash Brown</p>	<p>Happy almost Pi Day! 13</p> <p>Cheese or Pepperoni Pizza Garden Salad with Italian Dressing</p> 
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<p>16</p> <p>MaxStix, Marinara Sauce, Garlic Green Beans</p>	<p>Happy St Patrick's Day! 17</p>  <p>Shamrock Shaped Chicken Nuggets, Broccoli, Smile Fries, Green Grapes</p>	<p>March Madness! 18</p> <p>Walking Taco Seasoned Ground Beef, Shredded Cheese, Salsa & Sour Cream, Corn & Black Bean Salad</p> 	<p>Let's Laugh Day 19</p> <p>Emoji Waffles, Chicken Sausage, Tater Tots</p>	<p>1st Day of Spring 20</p> <p>New! Pizza Bagel Bites Harvest Alert! Kale Yeah! Salad</p>
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<p>23</p> <p>Hamburger or Cheeseburger, Carrot Cup with Ranch</p> 	<p>Take Out Tuesday! 24</p> <p>Sweet & Sour Chicken, Brown Rice, Broccoli</p>	<p>25</p> <p>Mac & Cheese, Garlic Bread, Green Beans</p>	<p>Baseball Opening Day 26</p> <p>Ball Park Classic Hot Dog, Home Plate Popcorn, Bullpen Baked Beans (vegetarian)</p> 	<p>27</p> <p>Personal Cheese or Pepperoni Pizza, Garden Salad with Ranch Dressing</p> 
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<p>30</p> <p>Mozzarella Sticks, Marinara Sauce, Steamed Carrots</p>	<p>31</p> <p>Chicken Nuggets, Smile Fries, Garlic Breadstick</p>
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DAILY ALTERNATIVE MEALS:
Choice 2: Sun Butter and Jelly Sandwich
Choice 3: Crispy Chicken or Vegetarian Salad
Choice 4: Bagel Box (Week of March 2 & 16)
Choice 4: Muffin Box (Week of March 9 & 23)

Harvest of the Month: KALE!
 March's Harvest of the Month is **kale** — a leafy green
 superhero veggie! Did you know kale has more vitamin C
 than an orange? Vitamin C helps keep your body strong and
 your immune system ready to fight off germs! 🍌
 Even better, our kale is **grown right here in Connecticut**,
 which means it's super fresh and supports our local farmers.
 Look for tasty kale recipes on the menu this month and give
 this crunchy green a try — you might discover a new favorite!

