

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

# MAY 2026

## Thomaston Center School

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 5/4 & 5/18)  
**Choice 4:** Muffin Box (Week of 5/11 & 5/26)

**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

**May Harvest of the Month: Cucumbers!**  
 Cool, crisp, and refreshing—cucumbers are **95% water**, making them a perfect snack for warmer days! They help keep us **hydrated** and provide **Vitamin K** for strong bones. In **Connecticut**, cucumbers start growing in late spring, so we can enjoy them fresh and local! Give them a try—they're kind of a *big dill!*

**It's Friday!**  
**Choice 1:**  
 Cheese or Pepperoni Pizza  
 Garden Salad with Italian Dressing



**Choice 1:**  
 Chewbacca's Cheesy Pull Apart Bread  
 Darth Vader's Marinara Sauce  
 Yoda's Jedi Broccoli

**Cinco De Mayo**  
**Choice 1:**  
 Totally Tacos  
 Seasoned Black Beans  
 Corn, Salsa & Sour Cream

**Choice 1:**  
 Mac & Cheese  
 WG Breadstick  
 Italian Green Beans

**Choice 1:**  
 Chicken Patty Sandwich  
 Crinkle Cut Fries  
 Vegetarian Baked Beans  
 Chicken Dippin Sauce

**Choice 1:**  
 Cheese or Pepperoni Pizza  
 Garden Salad with Italian Dressing

**Choice 1:**  
 Mozzarella Sticks  
 Marinara Sauce  
 Mixed Veggies

**Choice 1:**  
 Chicken Nuggets  
 Smile Fries  
 Garlic Breadstick

**National Hummus Day!**  
**Harvest Alert!**  
 Try Hummus with cucumber coins today!  
**Choice 1:**  
 Confetti Pancakes, Chicken Sausage, Hash Brown

**Choice 1:**  
 Hot Dog  
 Shoestring Fries  
 Vegetarian Baked Beans

**National Chocolate Chip Day**  
**Choice 1:**  
 Cheese or Buffalo Chicken Pizza  
 Garden Salad with Ranch Dressing  
**Choice 2:** Cereal Box  
**All Lunches served with a Chocolate Chip Cookie!**

**Choice 1:**  
 Pizza Crunchers  
 Potato Wedges  
 Garlic Green Beans

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

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

**Eat More Fruits and Veggie Day!**  
**Choice 1:**  
 Grilled Cheese  
 Tomato Soup  
 Sweet Potato Fries

**Choice 1:**  
 Stuffed Crust Pizza  
 Garden Salad with Ranch Dressing

**Memorial Day**

**Choice 1:**  
 Chicken Smackers  
 With BBQ Dipping Sauce  
 Corn on the Cob  
 Strawberry Shortcake

**Choice 1:**  
 French Toast Sticks  
 Tater Tots  
 Egg Patty

**Choice 1:**  
 Nachos!  
 (Seasoned Ground Beef, Cheese Sauce, Tortilla Chips)  
 Corn, Salsa & Sour Cream

**Choice 1:**  
 Cheese or Pepperoni Pizza  
**Harvest Alert!**  
 Cucumber Tomato Salad

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)