



NOVEMBER 2026

TCS

School Year 2026/27 Lunch Prices:

Free/ Reduced: \$0.00

Full Pay: \$3.95

Make payments, check transactions or
apply for free and reduced meals online @ linqconnect.com

Monday

Choice 1:

Hamburger or Cheeseburger
Potato Wedges
Vegetarian Baked Beans
Choice 2: Chicken Nuggets

2

Tuesday

No
School

3

Wednesday

Choice 1:

Grandma's Pasta and Meatballs
WG Garlic Knot
Delicata Squash Smiles
Choice 2:
4x6 Pizza

4

Thursday

Choice 1:

Funnel Cake
Chicken Sausage
Oven Roasted Potatoes
Choice 2:
Chicken Tenders

5

Friday

National Nacho Day!

Choice 1:

Walking Nachos (Seasoned
Ground Beef, Cheese Sauce),
Refried Beans
Salsa & Sour Cream
Choice 2: Cereal Box

6

Choice 1:

Mozzarella Sticks
Marinara Sauce
Maple Glazed Carrots
Choice 2:
Chicken Nuggets

9

Choice 1:

Chicken Nuggets
Smiley Fries
Garlic Breadstick
Choice 2:
Grilled Cheese

10



11

Choice 1:

New! Yang's Sweet
Orange Chicken
Brown Rice, Stir Fry Veggies
Fortune Cookie!
Choice 2:
Chicken Tenders

12



Choice 1:

Stuffed Crust Pizza
Kale Yeah! Salad
Apple Crisp
Choice 2:
Cereal Box

13

Choice 1:

WG Mac & Cheese
Garlic Breadstick
Green Beans
Choice 2:
Chicken Nuggets

16

Choice 1:

Chicken Tenders
Golden Waffles
Butternut Squash Apple Bake
Choice 2:
Grilled Cheese

17

Choice 1:

Homemade Pasta
and Meat Sauce
WG Breadstick
Roasted Ranch Broccoli
Choice 2:
4x6 Pizza

18

Choice 1:

Mini Maple Pancakes
Chicken Sausage
Tater Tots
Choice 2:
Chicken Tenders

19



Choice 1:

Checkered Flag Pizza Party!
Cheese or Buffalo
Chicken Pizza
Pit Stop Garden Salad with
Ranch Dressing
Choice 2: Race Day Cereal Box

20

Choice 1:

Pizza Crunchers
Potato Wedges
Choice 2:
Chicken Nuggets

23

Choice 1:

Turkey Shaped Nuggets
Steamed Corn
Mashed Potatoes
Fall Harvest Cookie
Choice 2: Grilled Cheese

24



25

Thanksgiving Break
No School

26

27

Choice 1:

Hot Dog on WG Bun
Shoestring Fries
Fresh Cut Veggies
Choice 2: Chicken Nuggets

30

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

Daily Alternatives:

Choice 3: Sun Butter and Jelly
Choice 4: Crispy Chicken or Vegetarian Salad
Choice 5: Muffin Box
Choice 6: Bagel Box

November Harvest of the Month: Winter Squash!

Winter squash, like butternut and acorn squash, comes in all shapes and sizes! Did you know it's packed with **vitamin A**, which helps keep your eyes healthy? Winter squash is grown right here in **Connecticut**, so eating it helps support our local farmers. Let's celebrate the flavors of fall and enjoy some Connecticut Grown goodness! 🍂🍷

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

