

Monday

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



Tuesday



Wednesday

Thursday

Friday

Meatless Monday

Pizza Crunchers
Potato Wedges
Glazed Carrots with
Local Maple Syrup

Chicken Tenders
Buttered Egg Noodles
Local Peppers with Dip

Harvest Mac & Cheese
Local Garlic
Green Beans

CT Grown for CT Kids Week

French Toast Sticks
Egg Patty
Chicken Sausage
Hash Brown
Maple Syrup
Local Apples

Pick-A-Pizza Friday!

Cheese or
Pepperoni Pizza
Garden Salad with
Italian Dressing

Fabulous Fried Dough Friday!

Fried Dough
Marinara Sauce
Local Kale Yeah! Salad

No School



Adventure to Asia
Popcorn Chicken
Sweet & Sour Sauce
Brown Rice
Broccoli



Benvenuto in Italia
Pasta and Meat Sauce
WG Breadstick
Italian Green Beans



National School Lunch Week: Taste the World

Jump to Jamaica
New
Jamaican Beef Patty
Potato Wedges



Opa! Greek Friday
New

Chicken Gyro
French Fries
Tomato and Cucumber Salad
Tzatziki Sauce



Bagel Cheese Pizza Also Available

Meatless Monday!

Cheesy Pull Apart Bread
Marinara Sauce
Curly Fries

Chicken & Waffles
Glazed Carrots
Maple Syrup

Chicken Penne
Alfredo
WG Garlic Knot
Broccoli

Chicken or Cheese
Quesadilla
Fiesta Brown Rice
Seasoned Black Beans

Pick-A-Pizza Friday!

Cheese or
Buffalo Chicken Pizza
Garden Salad with
Ranch Dressing

Bacon, Egg & Cheese
On a Croissant
Tater Tots

TPS- Chicken Bowl
Popcorn Chicken
Mashed Potatoes
Steamed Corn
WG Honey Biscuit

Burger Wednesday!

Cheeseburger
Crinkle Cut Fries
Vegetarian Baked Beans

Stuffed Crust Pizza
Garden Salad with
Italian Dressing

Happy Halloween!

Bat Shaped Nuggets
Creepy Carrots
Vampire Garlic Breadstick
EEEK! Treat

DAILY ALTERNATIVE MEALS:

Sun Butter and Jelly Sandwich
Crispy Chicken Salads
Yogurt Parfait
Turkey or Ham Sandwich
Muffin Box

Everyday Offerings:

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

Menu is subject to change. Please notify kitchen manager of any food allergies.

This institution is an equal opportunity provider. Contact Food Service Director, Jennifer Zarrilli, MS, RD, with any questions
203-879-8145 or jzarrilli@thomastonschool.org