



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.

OCTOBER 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

APPLE POWER!

Did you know? Connecticut has almost **300 apple producers!** Apples are packed with **fiber and vitamin C** to help keep your body healthy and strong. October is the perfect time to enjoy a **crisp, crunchy CT apple!**

Enjoy Local Apples all month long!

Choice 1:

Harvest Mac & Cheese
Garlic Breadstick
Roasted Ranch Broccoli
Choice 2: Chicken Nuggets

Tuesday

Daily Alternatives:

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



Choice 1:

New! Sweet Cheese Pierogis
Golden Waffles,
Warm Cinnamon Apples
Maple Glazed Carrots
Choice 2: Grilled Cheese

Wednesday

Choice 1:

Crispy BBQ Chicken Sandwich
Primavera Pasta Salad
Vegetarian Baked Beans
Choice 2: 4x6 Pizza

Thursday

Choice 1:

Dippin' French Toast Sticks
Hash Brown, Egg Patties
Maple Syrup
Choice 2: Chicken Tenders

Friday

Choice 1:

Friday Pizza Party!
Homemade Cheese or Pepperoni Pizza
Garden Salad with
Homemade Balsamic Dressing
Choice 2: Cereal Box

Reminder:
No School!



Choice 1:

Popcorn Chicken
Strongman's Mashed Potatoes
Clown's Steamed Corn
Sweet Circus Honey Biscuit
Choice 2: Grilled Cheese

Choice 1:

Twisty Pasta
Juggler's Meatballs
Topy-Turvy Garlic Knot
Ringmaster's Roasted Zucchini
Choice 2: 4x6 Pizza

Choice 1:

Circus Confetti Pancakes
Chicken Sausage
Tiny Tent Tater Tots
Choice 2: Chicken Tenders

Choice 1:

Center Ring Pizza!
Cheese or Buffalo
Chicken Pizza Slice
Circus Garden Salad with
Ringmaster's Ranch Dressing
Choice 2: Cereal Box

Choice 1:

Pizza Crunchers
Potato Wedges
Choice 2: Chicken Nuggets

Choice 1:

Chicken Tenders
Crinkle Cut Fries
Texas Toast
Choice 2: Grilled Cheese

Choice 1:

Hamburger or Cheeseburger
Potato Wedges
Mediterranean Chickpea Salad
Choice 2: 4x6 Pizza

Choice 1:

Teriyaki Chicken Bowl
Brown Rice
Stir Fry Veggies
Egg Roll
Choice 2: Chicken Tenders

Choice 1:

Stuffed Crust Pizza
Garden Salad with
Ranch Dressing
Choice 2: Cereal Box

Choice 1:

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

Lunch that's a total Homerun!

Choice 1:

Grand Slam Meal!
Funnel Cake
Chicken Sausage
Maple Syrup
Choice 2: Grilled Cheese

Choice 1:

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

Choice 1:

Homemade Pizza
Garden Salad with Local Maple
Vinaigrette
Harvest Alert!
Homemade Apple Crisp
Choice 2: Chicken Tenders

Happy Halloween!

Choice 1: Batty Bites
(Bat Shaped Chicken Nuggets)
Spooky Smile Fries
Monster Dinner Roll
Eek! Sidekick (Icy Treat)
Choice 2: Cereal Box

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

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 jzarrilli@thomastonschools.org

