

# 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.

## SEPTEMBER 2026 Thomaston Center School



School Year 2026/27 Lunch Prices:  
Free/Reduce: \$0.00  
Full Pay: \$3.95  
Make payments, check transactions or apply for free and reduced meals online @ [linqconnect.com](http://linqconnect.com)

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**September Harvest of the Month: Tomatoes!**  
Did you know tomatoes are actually a fruit? They're packed with Vitamin C to help keep you healthy and are grown locally in Connecticut during the summer and fall! **Joke:** Why did the tomato turn red? Because it saw the salad dressing!  
Enjoy local tomatoes this month! 🍅



**Choice 1:**  
Chicken Tenders, Waffles,  
Glazed Carrots  
**Choice 2:** Grilled Cheese

LOCAL

**Choice 1:**  
Grandma's Pasta  
and Meatballs  
WG Garlic Knot  
**Cheesy Summer Squash**  
**Choice 2:** 4x6 Pizza



**Choice 1:**  
Totally Tacos  
Seasoned Black Beans & Corn  
Salsa and Sour Cream  
**Choice 2:**  
Chicken Tenders

LOCAL

**Choice 1:**  
Stuffed Crust Pizza  
**Garden Salad** with  
Ranch Dressing  
**Choice 2:**  
Cereal Box

**Choice 1:**  
Chicken Smackers,  
Mashed Potatoes,  
Steamed Corn, Honey Biscuit  
**Choice 2:**  
Grilled Cheese



**Choice 1:**  
Walking Tacos  
(Seasoned Ground Beef,  
Cheese Sauce, Doritos)  
Refried Beans,  
Salsa & Sour Cream  
**Choice 2:** 4x6 Pizza



**Choice 1:**  
Confetti Pancakes  
Chicken Sausage, Tater Tots  
**Choice 2:**  
Chicken Tenders



**Choice 1:**  
Cheese or  
Buffalo Chicken Pizza  
**Garden Salad** with  
Italian Dressing  
**Choice 2:** Cereal Box

**Choice 1:**  
Mac and Cheese  
Garlic Breadstick  
**Roasted Ranch Broccoli**  
**Choice 2:**  
Chicken Nuggets

LOCAL

**Choice 1:**  
Chicken Tenders,  
Crinkle Cut Fries, Texas Toast  
**Choice 2:**  
Grilled Cheese

**Choice 1:**  
Cheeseburger,  
Potato Wedges,  
Vegetarian Baked Beans  
**Choice 2:**  
4x6 Pizza



**Choice 1:**  
Asian Noodle Bowl  
Seasoned Chicken,  
Raman noodles, Sweet Chili  
Sauce, Zen Garden Veggies  
**Choice 2:** Chicken Tenders

LOCAL

**Choice 1:**  
Bagel Pizza  
**Garden Salad** with  
Ranch Dressing  
**Choice 2:**  
Cereal Box



**Choice 1:**  
**New!** Bosco Sticks  
(Cheese filled Breadsticks)  
Marinara Sauce  
Roasted Butternut Squash  
**Choice 2:** Chicken Nuggets



**First Day of Fall**

**Choice 1:**  
Chicken Patty Sandwich,  
Crinkle Cut Fries,  
Vegetarian Baked Beans  
Chicken Dippin' Sauce  
**Choice 2:** Grilled Cheese

**Choice 1:**  
Homemade Pasta with  
Meat Sauce  
Garlic Knot,  
**Roasted Ranch Broccoli**  
**Choice 2:** 4x6 Pizza

LOCAL

**Choice 1:**  
Funnel Cake  
Chicken Sausage Patties,  
Oven Roasted Potatoes  
**Choice 2:**  
Chicken Tenders

LOCAL

**Choice 1:**  
Stuffed Crust Pizza  
**\*Harvest Alert\***  
**Tomato and Cucumber Salad**  
**Choice 2:**  
Cereal Box



**Choice 1:**  
Mozzarella Sticks  
Marinara Sauce, Glazed Carrots  
**Choice 2:**  
Chicken Nuggets

**Choice 1:**  
Chicken Nuggets  
Smile Fries, Garlic Breadstick  
**Choice 2:**  
Grilled Cheese



**Worldly Wednesday**  
**Choice 1:**  
**New!** Teriyaki Chicken Bowl  
Brown Rice, Stir Fry Veggies,  
Egg Roll  
**Choice 2:** 4x6 Pizza

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

LOCAL

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](mailto:jzarrilli@thomastonschools.org)

