

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

APRIL 2026
THS

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

School Year 2025/26 Lunch Prices:
Reduced: 0.40
Full Pay: \$3.90
Make payments, check transactions or
apply for free and reduced meals online
@ linqconnect.com

Monday

Tuesday

Wednesday

Thursday

Friday

Harvest of the Month: Potatoes!
This month we're celebrating potatoes—one of Connecticut's locally grown crops! Potatoes give your body energy to learn and play, and they're packed with **vitamin C and potassium**, which help keep your muscles strong and your immune system healthy. Keep an eye on the menu and try some tasty potato dishes this month! 🥔🍌

Choice 1: 1
Emoji Waffle Sandwich!
2 Emoji Waffles with
Chicken Sausage, Egg & Cheese
Hash Browns
Maple Milk
Choice 2:
Chicken Patty Sandwich

Choice 1: 2
Cheese or Pepperoni Pizza
Garden Salad with
Italian dressing
Choice 2:
Stuffed Crust Pizza

No School 3

No School 6



No School 7

No School 8

No School 9

No School 10



Enjoy April Break!

Choice 1: 13
Max Stix
(Cheese Stuffed Pizza Sticks)
Marinara Sauce
Potato Wedges
Glazed Carrots
Choice 2:
Chicken Patty Sandwich

Choice 1: 14
THS Chicken Bowl
Chicken Smackers
Mashed Potatoes
Steamed Corn
Honey Biscuit
Choice 2:
French Bread Pizza

Choice 1: 15
Pasta with Meatballs
Garlic Knot
Roasted Ranch Broccoli
Choice 2:
Chicken Patty Sandwich

Choice 1: 16
Beef Nachos
(Seasoned Ground Beef, Tortilla Chips)
Cheese Sauce, Brown Rice
Corn & Black Bean Salad
Salsa & Sour Cream
Choice 2:
Stuffed Crust Pizza

Choice 1: 17
Cheese Pizza Or Buffalo
Chicken Pizza
Garden Salad with
Ranch Dressing
Choice 2:
Cheese Burger

Choice 1: 20
Wild Mike Bites
Marinara Sauce
Caesar Salad
Potato Wedges
Choice 2:
Chicken Patty Sandwich

Choice 1: 21
General Tso Chicken
Vegetable Fried Rice
Stir Fry Vegetables
Choice 2:
French Bread Pizza

Choice 1: 22
Breadstick Dunkers
Garlic Breadsticks
With Meat Sauce or Marinara with
Shredded Mozzarella Cheese
Roasted Cauliflower
Choice 2:
Chicken Patty Sandwich

National Picnic Day! 23
Choice 1:
Hot Dog or Cheeseburger
Side of Mac & Cheese
Harvest Alert! Potato Salad
Campfire Baked Beans
Watermelon
Choice 2:
Stuffed Crust Pizza

Choice 1: 24
NEW Homemade Pizza
Cheese or Pepperoni
Garden Salad with
Italian Dressing
Choice 2:
Cheese Burger

Choice 1: 27
Mozzarella Sticks
Marinara Sauce
Italian Green Beans
Choice 2:
Chicken Patty Sandwich

Choice 1: 28
Chicken Nuggets
Choice of Dipping Sauce
Smile Fries
Garlic Breadstick
Choice 2:
French Bread Pizza

Choice 1: 29
It's Back!
Ramen Noodles
Seasoned Chicken
Zen Garden Veggies
Egg Roll
Choice 2:
Chicken Patty Sandwich

National Tie Dye Day! 30
Choice 1: Funnel Cake
Chicken Sausage
Harvest Alert!
Oven Roasted Potatoes
Strawberry Ice Bar!
Choice 2:
Stuffed Crust Pizza

DAILY ALTERNATIVE MEALS:
Chicken Caesar Wrap
Sun Butter and Jelly Sandwich
Crispy Chicken Salads
Garden Salads
Ham or Turkey
Deli Sandwiches

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@wolcottps.org

