



AUGUST 2026

THS

School Year 2026/27 Lunch Prices:
Free/Reduce: \$0.00
Full Pay: \$4.15
Make payments, check transactions or
apply for free and reduced meals online
@ lingconnect.com

Monday

Tuesday

Wednesday

Thursday

Friday

3

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

4

5

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

6

7

10

DAILY ALTERNATIVE MEALS:

- Veggie Burger (Upon Request)
- Sun Butter and Jelly Sandwich
- Crispy Chicken Salads
- Garden Salads
- Made to Order Deli Sandwiches
- Hummus Box
- Parfait

11

13

14

18

19

20

21

BACK TO SCHOOL

Choice 1:

French Toast Sticks
Chicken Sausage, Hash Browns

Choice 2:

Stuffed Crust Pizza

26

Choice 1:

Mac and Cheese
Garlic Breadstick
Broccoli

Choice 2:

Popcorn Chicken with a
Honey Biscuit

27

Choice 1:

Cheese or Pepperoni Pizza
Garden Salad with
Ranch Dressing

Choice 2:

Cheeseburger

28

Choice 1:

Combo Meal- Chicken Tenders,
Mozzarella Sticks, Marinara Sauce
Curly Fries

Choice 2:

Spicy or Crispy Chicken Sandwich

31

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

