



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

FEBRUARY 2026

THS

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

Happy Groundhog's Day! 2

Choice 1:

Pizza Crunchers
Potato Wedges
Garlic Green Beans

Choice 2:

Crispy Chicken Sandwich

Choice 1:

Cheeseburger
Crinkle Cut Fries
Vegetarian Baked Beans
Celebration Cookie

Choice 2:

Crispy Chicken Sandwich

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Choice 1:

Combo Platter!

Mozzarella Sticks
Chicken Tenders
Marinara Sauce
Italian Green Beans

Choice 2:

Crispy Chicken Sandwich

Tuesday

Choice 1: 3

Chicken Tenders
Crinkle Cut Fries
Texas Toast
Boom Boom Sauce

Choice 2:

French Bread Pizza

Choice 1: 10

Chicken Tenders
Waffles
Tater Tots

Choice 2:

French Bread Pizza

Lunar New Year 17

Choice 1:

Chicken Dumplings
Vegetable Fried Rice
Broccoli, Orange Wedges
Fortune Cookie

Choice 2: French Bread Pizza

Choice 1: 24

THS Bowl:

Chicken Smackers
Mashed Potatoes, Steamed Corn
Honey Biscuit

Choice 2:

French Bread Pizza

Wednesday

Cozy Sweater Day! 4

Choice 1:

Mac & Cheese
Garlic Breadstick
Broccoli

Choice 2: Crispy Chicken Sandwich

Happy Almost Valentine's Day! 11

Choice 1:

Heart Shaped Chicken Nuggets
Smile Fries, Dinner Roll

Harvest Alert!

New Cajun Carrots
Be Mine Sidekick Treat

Choice 2: Crispy Chicken Sandwich

Choice 1: Pasta Bar! 18

Pasta with Meatballs
Choice of Alfredo or Marinara Sauce
Garlic Knot, Broccoli

Choice 2:

Crispy Chicken Sandwich

Choice 1: 25

Pasta & Meat Sauce

Breadstick

Steamed Broccoli

Choice 2:

Crispy Chicken Sandwich

Thursday

Pregame Celebration! 5

Choice 1:

Popcorn Chicken with a choice of
BBQ or Buffalo Dipping Sauce
Nachos with Cheese Sauce

Harvest Alert!

Rainbow Carrots with Ranch Dip

Choice 2: Stuffed Crust Pizza

Choice 1: 12

Beef Nachos

Seasoned Ground Beef, Cheese
Sauce, Tortilla Chips
Brown Rice, Mexican Salad
Salsa & Sour Cream

Choice 2:

Stuffed Crust Pizza

Choice 1: 19

Jamaican Beef Patty

Potato Wedges
Herb & Tomato
Green Beans

Choice 2:

Stuffed Crust Pizza

Carnival Celebration! 26

Choice 1:

Funnel Cake
Chicken Sausage
Egg Patty
Hash Browns

Choice 2: Stuffed Crust Pizza

Friday

Choice 1: 6

Wild Mike Botes
Marinara Sauce
Caesar Salad

Choice 2:

Cheeseburger

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Have a great long weekend!

Choice 1: 20

Cheese or Pepperoni Pizza Slice
Garden Salad with
Italian Dressing

Choice 2:

Cheeseburger

Choice 1: 27

Cheese or Buffalo Chicken

Pizza Slice
Garden Salad with
Ranch Dressing

Choice 2:

Cheeseburger

February Harvest of the Month: Carrots!
Crunchy, colorful, and super tasty—carrots are our **Harvest of the Month** for February! Carrots help keep our eyes healthy and strong because they are packed with **vitamin A**, which is great for vision and growing bodies. 🥕 ✨

Did you know? Carrots grow really well right here in **Connecticut** and are one of the vegetables our local farmers can store and enjoy all winter long. That means even in February, carrots can still be fresh and local!

Be sure to give them a crunch and celebrate this yummy veggie with us! 🍷

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

DAILY ALTERNATIVE MEALS:
Chicken Caesar Wrap
Sun Butter and Jelly Sandwich
Crispy Chicken Salads
Garden Salads
Made to Order Deli Sandwiches
Hummus Box



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