



JANUARY 2026

Thomaston High School

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

@ lingconnect.com

Monday

DAILY ALTERNATIVE MEALS:

Chicken Caesar Wrap
Sun Butter and Jelly Sandwich
Crispy Chicken Salads
Garden Salads
Turkey or Ham and Cheese on a hard roll
Hummus Box
Yogurt Parfait
Monday – Crispy Chicken Sandwich
Tuesday – Garlic French Bread Pizza w/Marinara Sauce
Wednesday – Crispy Chicken Sandwich
Thursday – Stuffed Crust Pizza
Friday – Cheeseburger

Tuesday

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

Wednesday

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

Thursday

No School

Friday

No School

January's Harvest of the Month: PEARS!

This month, our district is spotlighting **pears** — a sweet, juicy fruit that's way more powerful than it looks. Pears are loaded with **fiber**, which helps keep you full, focused, and energized through your school day.

Fun fact: pears have been around for thousands of years, and there are over **3,000 different varieties** grown around the world!

Even cooler? Pears are grown right here in **Connecticut**, so when you grab one in the cafeteria, you're supporting local farms and fresh, regional produce.

Look out for pear tastings and new menu items all month long! 🍏🔥

Cheeseburger with
Pickles, Lettuce & Tomato
Crinkle Cut Fries and
Vegetarian Baked Beans

Breakfast for Lunch? Bet!
Chicken Tenders and Waffles
Tater Tots
Maple Syrup

Comfort Day
Mac & Cheese-
Main Character Energy
Creamy + Cheesy= No Notes
Broccoli
Garlic Knot

New
Ramen Noodle Bowl
Diced Chicken,
Sweet Chili Sauce
Asian Veggie Mix
Egg Roll
Fortune Cookie

Pick a Slice Friday!
Cheese or Pepperoni
Pizza Slice
Garden Salad with
Italian Dressing

Combo Monday
Mozzarella Sticks
Marinara Sauce
Chicken Tenders
Curly Fries

Take Out Tuesday!
General Tso Chicken
Brown Rice
Broccoli

Pasta and Meat Sauce
Breadstick
New
Harvest Alert!
Winter Pear Salad

Jamaican Beef Patty
Potato Wedges
Herb and Tomato
Green Beans

Choice of:
Cheese or
Buffalo Chicken Pizza
Garden Salad with
Ranch Dressing

No School



Playoff Tornado Bowl
The GOAT of School Lunch
Chicken Smackers,
Mashed Potatoes,
Corn and a Honey Biscuit

Stuffed Shells
Marinara Sauce
WG Garlic Knot
Broccoli

Warm, Cozy, Clutch!
Grilled Cheese
Tomato Soup
New
Buffalo Cauliflower Bites

Game Day Energy
Wild Mike's Bites
Marinara Sauce
Caesar Salad
New
Harvest Alert!
Pear Crisp

Meatless Monday!
Mozzarella Sticks
Marinara Sauce
Italian Green Beans

Twister Nugget Meal
Chicken Nuggets
Smile Fries
Garlic Breadstick

New
Pasta Bar!
Penne Pasta, Meatballs
Choice of
Marinara or Alfredo Sauce
Garlic Knot
Broccoli

It's Back!
Walking Tacos!
Bagged Doritos,
Seasoned Beef Crumbles,
Cheddar Cheese Sauce, Corn,
Brown Rice, Salsa
and Sour Cream

Pick a Slice Friday!
Choice of
Cheese or Pepperoni
Pizza Slice
Garden Salad with
Italian Dressing

Menu is subject to change. This institution is an equal opportunity provider.

Please notify Kitchen Manager of any allergies.

Contact Food Service Director Jennifer Zarrilli, MS, RDN, CDN with any questions – 203-879-8145 or jjzarrilli@thomastonschools.org

