



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

# MARCH 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](http://linqconnect.com)

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <b>Choice 1:</b><br>Wild Mikes Bites<br>Marinara Sauce<br>Caesar Salad <b>2</b>  | <b>Choice 1:</b><br>French Toast Sticks,<br>Chicken Sausage, Egg Patty,<br>Hash Browns <b>3</b>                                       | <b>National Snack Day</b><br><b>Choice 1:</b><br>General Tso Chicken,<br>Brown Rice, Broccoli<br><b>Rice Krispy Treat for all!</b> <b>4</b>                                      | <b>Choice 1:</b><br>Meatball Grinder,<br>Potato Wedges <b>5</b>   | <b>Choice 1:</b><br>Personal Cheese or<br>Pepperoni Pizza<br>Garden Salad with<br>Ranch Dressing <b>6</b>  |
| <b>Choice 1:</b><br>Pull Apart Cheesy Bread<br>Meatballs with Sauce and<br>Green Beans <b>9</b>                                      | <b>Choice 1:</b><br>Chicken Tenders,<br>Crinkle Cut Fries,<br>Texas Toast,<br>Boom Boom Sauce <b>10</b>                               | <b>Choice 1:</b><br>Pasta and Meat Sauce,<br>Garlic Knot,<br>Broccoli <b>11</b>  | <b>Choice 1:</b><br>Cheese or Chicken Quesadilla<br>Corn and Tomato Salad<br>Cilantro Lime Rice<br>Salsa and Sour Cream <b>12</b>   | <b>Pi Day</b><br><b>Choice 1:</b><br>Cheese or Pepperoni Pizza<br>Garden Salad with<br>Italian Dressing <b>13</b>  |
| <b>Choice 1:</b><br>Pizza Crunchers,<br>Potato Wedges,<br>Garlic Green Beans <b>16</b>   | <b>St Patty's Day</b><br><b>Choice 1:</b><br>Shamrock Shaped Nuggets,<br>Smile Fries,<br>Garlic Breadstick,<br>Green Grapes <b>17</b> | <b>Choice 1:</b><br><b>Pasta Bar!</b><br>Pasta and Meatballs<br>Marinara or Alfredo Sauce <b>18</b>  | <b>March Madness</b><br><b>Choice 1:</b><br>Walking Taco- Seasoned<br>Ground Beef, Cheese Sauce,<br>Corn and Black Bean Salad,<br>Salsa & Sour Cream <b>19</b>              | <b>First Day of Spring</b><br><b>Choice 1:</b><br><b>New!</b> Pizza Bagel Bites,<br><b>Harvest Alert!</b><br>Kale Yeah! Salad, <b>20</b>   |
| <b>Choice 1:</b><br>Wild Mikes Bites<br>Marinara Sauce<br>Caesar Salad <b>23</b>   | <b>Choice 1:</b><br>Chicken & Waffles<br>Tater Tots <b>24</b>   | <b>Choice 1:</b><br>Mac & Cheese,<br>Garlic Breadstick<br>Broccoli <b>25</b>   | <b>Opening Day of Baseball</b><br><b>Choice 1:</b><br>Hot Dog, Tater Squares,<br>Vegetarian Baked Beans,<br>Popcorn<br><b>Harvest Alert!</b><br>Crunchy Kale Slaw <b>26</b> | <b>Choice 1:</b><br>Cheese or Buffalo Pizza Slice,<br>Garden Salad with<br>Ranch Dressing <b>27</b>  |
| <b>Choice 1:</b><br><b>Combo Platter-</b><br>Mozzarella Sticks,<br>Chicken Tenders,<br>Garden Salad with Ranch<br>Dressing <b>30</b> | <b>Choice 1:</b><br>Chicken Nuggets,<br>Smile Fries, Garlic Breadstick <b>31</b>  | <b>DAILY ALTERNATIVE MEALS:</b><br>Chicken Caesar Wrap<br>Sun Butter and Jelly Sandwich<br>Crispy Chicken Salads<br>Garden Salads<br>Made to Order Deli Sandwiches<br>Hummus Box |   | <b>Harvest of the Month: KALE!</b><br>March's Harvest of the Month is <b>kale</b> — a leafy green superhero veggie! Did you know kale has more vitamin C than an orange? Vitamin C helps keep your body strong and your immune system ready to fight off germs! Even better, our kale is <b>grown right here in Connecticut</b> , which means it's super fresh and supports our local farmers. Look for tasty kale recipes on the menu this month and give this crunchy green a try — you might discover a new favorite! |

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 [jjzarrilli@thomastonschools.org](mailto:jjzarrilli@thomastonschools.org)

