

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

# MAY 2026

## THS

School Year 2025/26 Lunch Prices:

Reduced: 0.40

Full Pay: \$3.90

Make payments, check transactions or apply for free & reduced meals online @ [linqconnect.com](http://linqconnect.com)

### Monday

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

**Choice 1:**

Pizza Crunchers  
Potato Wedges  
Garlic Green Beans

**Choice 2:**

Chicken Patty  
Sandwich

### Tuesday

**DAILY ALTERNATIVE MEALS:**

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

**Cinco De Mayo!**

**Choice 1:**  
Seasoned Ground Beef,  
Cheese Sauce, Dorito Chips)  
Corn and Black Bean Salad  
Lettuce and Diced Tomato  
Jalapenos, Salsa & Sour Cream

**Choice 2:**

French Bread Pizza

### Wednesday

**May Harvest of the Month: Cucumbers!**

Cool, crisp, and refreshing—cucumbers are **95% water**, making them a perfect snack for warmer days! They help keep us **hydrated** and provide **Vitamin K** for strong bones. In **Connecticut**, cucumbers start growing in late spring, so we can enjoy them fresh and local! Give them a try—they're kind of a *big dill!*

**Choice 1:**

Chicken Tenders  
Crinkle Cut Fries  
Texas Toast  
Boom Boom Sauce

**Choice 2:**

Chicken Patty Sandwich

### Thursday

**Choice 1:**

**Meatball Dunkers**  
Pull Apart Cheesy Bread  
Meatballs  
Marinara Sauce  
Roasted Ranch Broccoli

**Choice 2:**

Stuffed Crust Pizza

### Friday

**Choice 1:**

Cheese or Pepperoni Pizza  
Garden Salad with  
Italian Dressing

**Choice 2:**

Cheeseburger

**Choice 1:**

MaxStix  
Marinara Sauce  
Garden Salad with Ranch  
Dressing

**Choice 2:**

Chicken Patty Sandwich

**Choice 1:**

Chicken Tenders  
Waffles  
Tater Tots  
Maple Syrup

**Choice 2:**

French Bread Pizza

**National Hummus Day!**  
**Harvest Alert!**

Enjoy Hummus with  
Cucumber Coins today!

**Choice 1:**

Homemade Mac & Cheese,  
Garlic Breadstick, Broccoli

**Choice 2:**

Chicken Patty Sandwich

**Choice 1:**

French Toast Sticks  
Hash Brown  
Chicken Sausage,  
Egg Patty Maple Syrup

**Choice 2:**

Stuffed Crust Pizza

**National Chocolate Chip Day!**  
**Enjoy a Chocolate Chip Cookie with Lunch!**

**Choice 1:**

Homemade Cheese or Pepperoni  
Pizza

Garden Salad with Italian Dressing

**Choice 2:**

Cheeseburger

**Choice 1: Combo Platter**

Mozzarella Sticks  
Marinara Sauce  
Chicken Tenders  
Garden Salad with  
Ranch Dressing

**Choice 2:**

Chicken Patty Sandwich

**Choice 1:**

**Take Out Tuesday**  
General Tso Chicken  
Brown Rice  
Broccoli

**Choice 2:**

French Bread Pizza

**Choice 1:**

Homemade  
Pasta and Meat Sauce  
WG Breadstick  
Cheesy Summer Squash

**Choice 2:**

Chicken Patty Sandwich

**Eat More Fruits and Veggie Day!**

**Choice 1: Rice Power Bowl**

Chicken Teriyaki  
Stir Fry Veggies  
Brown Rice  
Vegetable Egg Roll  
Fresh Fruit Salad

**Choice 2:**

Stuffed Crust Pizza

**Choice 1:**

Cheese Pizza or  
Buffalo Chicken Pizza

**Harvest Alert!**

Cucumber & Tomato Salad

**Choice 2:**

Cheeseburger



**Choice 1:**  
**WPS Chicken Bowl**

Chicken Smackers  
Mashed Potatoes  
Corn on the Cob  
Strawberry Shortcake

**Choice 2:**

French Bread Pizza

**Choice 1:**

Hot Honey Chicken Sandwich  
Pickles, Cole Slaw, Vegetarian  
Baked Beans  
Crinkle Cut Fries

**Choice 2:**

Chicken Patty Sandwich

**Choice 1:**

Meatball Grinders  
Sweet Potato Fries  
Broccoli

**Choice 2:**

Stuffed Crust Pizza

**Choice 1:**

Wild Mike Bites  
Marinara Sauce  
Caesar Salad

**Choice 2:**

Cheeseburger

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](mailto:jzarrilli@thomastonschools.org)