



NOVEMBER 2025

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

@ linqconnect.com

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

Meatless Monday!

Mozzarella Sticks
Marinara Sauce
Italian Green Beans

**No School
Election Day**



Confetti Pancakes
Chicken Sausage Patty
Hash Browns
Maple Syrup
½ Day

Soup-er Thursday!

Grilled Cheese
Tomato Soup
Sweet Potato Fries

½ Day

Cheese or Pepperoni
Pizza
Garden Salad with
Italian Dressing

Meatless Monday!

Pizza Crunchers
Potato Wedges

**No School
Veteran's Day**



Chicken Penne Alfredo
Garlic Knot
Broccoli

Nachos
Seasoned Beef Crumbles
Over Tortilla Chips
Cilantro Lime Rice
TexMex Salad
Salsa and Sour Cream

National Pickle Day!
Individual Cheese,
Pepperoni, or Pickle Pizza!
Garden Salad with
Ranch Dressing

Cheeseburger
Lettuce, Tomato, Pickle
Vegetarian Baked Beans

Chicken and Waffles
Glazed Carrots
Maple Syrup

Harvest Mac and Cheese
Garlic Breadsticks
Broccoli

THS Thanksgiving Feast!

Turkey Shaped
Chicken Nuggets
Steamed Corn
Mashed Potato
WG Honey Biscuit

National Cranberry Day!

Cheese or Pepperoni
Pizza
Garden Salad with
Italian Dressing

THS Combo Meal

Chicken Tenders
Mozzarella Sticks
Marinara Sauce
Curly Fries

Takeout Tuesday!

General Tso Chicken
Brown Rice
Broccoli

No School

No School

No School



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



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 jzarrilli@thomastonschools.org