



NOVEMBER 2026

THS

School Year 2026/27 Lunch Prices:

Free/ Reduced: \$0.00

Full Pay: \$4.15

Make payments, check transactions or
apply for free and reduced meals online
@ linqconnect.com

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

Monday

Choice 1:

Cheeseburger
Potato Wedges
Vegetarian Baked Beans

Choice 2:

Spicy or Plain Crispy
Chicken Sandwich

2

Tuesday

No
School

3

Wednesday

Choice 1:

Grandma's Pasta
and Meatballs
WG Garlic Knot
Delicata Squash Smiles

Choice 2:

Stuffed Crust Pizza

4

Thursday

Choice 1:

General Tso Chicken
Fried Rice
Stir Fry Veggies
Fortune Cookie

Choice 2: Popcorn Chicken with a
Honey Biscuit

5

Friday

Choice 1: Cheese or
Pepperoni Pizza
Garden Salad with Ranch Dressing

Choice 2: Cheeseburger

6

Choice 1:

Mozzarella Sticks
Marinara Sauce
Maple Glazed Carrots

Choice 2:

Spicy or Plain Crispy
Chicken Sandwich

9

Choice 1:

Chicken Tenders
Texas Toast
Crinkle Cut Fries
Cole Slaw

Choice 2:

Philly Cheesesteak Flatbread

10



11

Choice 1:

French Toast Sticks
Hash Brown
Egg Patties
Maple Syrup

Choice 2: Popcorn Chicken with a
Honey Biscuit

12

Choice 1:

Homemade Pizza
(Cheese, Pepperoni or Veggie)
Kale Yeah! Salad
Apple Crisp

Choice 2: Cheeseburger

13

Choice 1:

WG Mac & Cheese
Garlic Breadstick
Roasted Ranch Broccoli

Choice 2:

Spicy or Plain Crispy
Chicken Sandwich

16

Choice 1:

Chicken Nuggets
Butternut Squash Apple Bake
Corn on the Cob
Garlic Breadstick

Choice 2:

Spicy Chicken Flatbread

17

Choice 1:

Homemade Pasta and Meat Sauce
WG Breadstick
Roasted Ranch Broccoli

Choice 2:

Stuffed Crust Pizza

18

Choice 1: Thanksgiving Bowl

Turkey with Gravy
Mashed Potatoes
Local Maple Glazed Carrots
Homemade Cranberry Sauce
& Cornbread

Choice 2:
Popcorn Chicken with a Honey
Biscuit

19

Choice 1:

Cheese Pizza
Buffalo Pizza
Garden Salad with
Ranch Dressing

Choice 2: Cheeseburger

20

Choice 1: Combo Meal

Chicken Tenders
Mozzarella Sticks
Marinara Sauce
Garlic Green Beans

Choice 2: Spicy or Plain Crispy
Chicken Sandwich

23

Choice 1:

Turkey Shaped Nuggets
Smiley Fries
Steamed Corn
Fall Harvest Cookie

Choice 2:

Cheeseburger Empanada

24

25



Thanksgiving Break
No School

26

27

Choice 1:

Bosco Sticks
Marinara Sauce
Sweet Potato Fries

Choice 2:

Spicy or Plain Crispy
Chicken Sandwich

30

Everyday Offerings:

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

DAILY ALTERNATIVE MEALS:

- Veggie Burger (Upon Request)
- Sun Butter and Jelly Sandwich
- **Crispy Chicken Salads**
- **Garden Salads**
- Deli Sandwiches
- Hummus Box
- Parfait

November Harvest of the Month: Winter Squash!

Winter squash, including butternut and acorn squash, is a fall favorite grown right here in Connecticut! Fun fact: Despite its name, winter squash is harvested in the fall and can be stored for months. It's also packed with **vitamin A**, which supports healthy vision and your immune system. By choosing Connecticut Grown produce, you're helping support local farmers while enjoying the best of the season! 🍂

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

