



LUNCH

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

OCTOBER 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

Monday

APPLE POWER!

Did you know? Connecticut has almost 300 apple producers! Apples are packed with fiber and vitamin C to help keep your body healthy and strong. October is the perfect time to enjoy a crisp, crunchy CT apple!

Enjoy Local Apples all month long!

CT GROWN FOR CT KIDS WEEK

Choice 1:

Grilled Cheese
Tomato Soup, Sweet Potato Fries
Choice 2:
Chicken Nuggets

Tuesday

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:

Crispy Chicken Sandwich
Cole Slaw
Local Pasta Primavera Salad
Baked Beans
Choice 2: Cheese Quesadillas

Wednesday

DAILY ALTERNATIVE MEALS:

Veggie Burger (Upon Request)
Sun Butter and Jelly Sandwich
Crispy Chicken Salads
Deli Sandwiches
Parfait

Choice 1:

Korean Beef BBQ Bowl
Local Steamed Broccoli
Brown Rice
Choice 2:
Stuffed Crust Pizza

Thursday

Choice 1:

French Toast Sticks
Hash Brown, Egg Patties
Maple Syrup
Choice 2:
Popcorn Chicken with a Honey Biscuit

Choice 1:

New Sweet Cheese Pierogies
Golden WG Waffles, Chicken Sausage
Warm Cinnamon Apples
Local Maple Glaze Carrots
Choice 2:
Popcorn Chicken with a Honey Biscuit

Friday

Choice 1:

Cheese or Pepperoni Pizza
Garden Salad with Ranch Dressing
Choice 2:
Cheeseburger

Choice 1:

Local Fried Dough
Marinara Sauce
Shredded Mozzarella Cheese
Local Garden Salad with Maple Vinaigrette
Choice 2: Cheeseburger

Reminder:
No School!

Choice 1:

Combo Meal
Chicken Tenders, Mozzarella Sticks
Marinara Sauce
Garlic Green Beans
Choice 2: Spicy or Plain Crispy Chicken Sandwich

Choice 1:

MaxStix Dunkers
Marinara Sauce
Garlic Green Beans
Choice 2:
Spicy or Plain Crispy Chicken Sandwich

Choice 1:

Chicken Nuggets
Smile Fries
Roasted Butternut Squash
Garlic Breadstick
Choice 2:
Chicken Caesar Wrap

Choice 1:

Chicken and Waffles
Tater Tots
Choice 2:
Asian Crunch Wrap

Choice 1:

Grandma's Pasta and Meatballs
WG Garlic Knot
Roasted Ranch Broccoli
Choice 2:
Stuffed Crust Pizza

Choice 1:

Penne Rosa
Twisted Cheesy Breadstick
Oven Roasted Zucchini
Choice 2:
Stuffed Crust Pizza

Choice 1:

Homemade Pasta and Meat Sauce
Garlic Knot
Roasted Ranch Broccoli
Choice 2:
Stuffed Crust Pizza

Choice 1:

Egg Rolls with Sweet Chilli Dipping Sauce
Local Bok Choy
Brown Rice
Choice 2: Popcorn Chicken with a Honey Biscuit

Choice 1:

Sausage, Egg and Cheese Croissant
Tater Tots
Harvest Alert
Homemade Apple Crisp
Choice 2:
Popcorn Chicken with a Honey Biscuit

Choice 1:

Walking Taco
(Seasoned Ground Beef, Dorito Chips, Cheese Sauce)
Shredded Lettuce
Salsa & Sour Cream
Refried Beans
Choice 2: Popcorn Chicken with a Honey Biscuit

Choice 1:

Wild Mike Bites
Caesar Salad
Crinkle Cut Fries
Choice 2:
Cheeseburger

Choice 1:

Pizza Crunchers
Garden Salad with Balsamic Dressing
Potato Wedges
Choice 2:
Cheeseburger

Happy Halloween!

Choice 1: Bat Shaped Nuggets
Creepy Carrots
Smile Fries
Garlic Breadstick
Eek Sidekick!
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 jjzarrilli@thomastonschools.org

