

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.

SEPTEMBER 2026 Thomaston High School



School Year 2026/27 Lunch Prices:
Free/Reduce: \$0.00
Full Pay: \$4.15
Make payments, check transactions or apply for free and reduced meals online @ linqconnect.com

Monday

Tuesday

Wednesday

Thursday

Friday

🍅 September Harvest of the Month: Tomatoes! Did you know tomatoes are actually a fruit? They're packed with Vitamin C to help keep you healthy and are grown locally in Connecticut during the summer and fall! Joke: Why did the tomato turn red? Because it saw the salad dressing!
Enjoy local tomatoes this month! 🍷🍅



Choice 1:

Chicken Nuggets, Smile Fries, Roasted Butternut Squash, Garlic Bread Stick

Choice 2:

Chicken Parm Sandwich

Choice 1:

Ramen Noodle Bowl
Seasoned Chicken, Sweet Chili Sauce, Ramen Noodles, Steamed Broccoli, Egg Roll

Choice 2:

Stuffed Crust Pizza

Choice 1:

New Chili Cheese Nachos
LOCAL Cilantro Lime Rice, Mexican Street Corn, Seasoned Black Beans

Choice 2: Popcorn Chicken with Honey Biscuit

Choice 1:

Wild Mike Bites
Caesar **Salad**
Choice 2: Cheeseburger

Choice 1:

Chicken and Waffles
Chicken Tenders, Golden Waffles, Maple Glazed Carrots, Corn on the Cob

LOCAL **Choice 2: *New***
Spicy Chicken Flatbread

Choice 1:

Pasta and Meatballs, Garlic Knot, Roasted Ranch Broccoli

Choice 2:

Stuffed Crust Pizza

Choice 1:

LOCAL Grilled Cheese Tomato Soup, **Mediterranean Chickpea Salad**

Choice 2:

Popcorn Chicken with Honey Biscuit

Choice 1:

LOCAL Cheese or Buffalo Chicken Pizza Slice
Garden Salad with Ranch Dressing

Choice 2:

Cheeseburger

Choice 1:

MaxStix
Marinara Sauce, Potato Wedges
Choice 2: Spicy or Crispy Chicken Sandwich

Choice 1:

Corn Dog Nuggets
Vegetarian Baked Beans, Steamed Corn
Choice 2: ***New*** Asian Crunch Wrap (General Tso Chicken, Crunchy Noodles, Cabbage)

Choice 1:

LOCAL Penne Rosa
Twisted Cheesy Breadstick
Kale Yeah! Salad

Choice 2: Stuffed Crust Pizza

Choice 1:

Walking Taco
Seasoned Ground Beef, Shredded Lettuce, Jalapenos, Refried Beans, Salsa and Sour Cream

Choice 2: Popcorn Chicken with Honey Biscuit

Choice 1:

LOCAL Pizza Crunchers, Potato Wedges
Garden Salad with Balsamic Dressing

Choice 2:

Cheeseburger

Choice 1:

LOCAL Mozzarella Sticks, Marinara Sauce, **Garlic Green Beans**

Choice 2:

Spicy or Crispy Chicken Sandwich

Choice 1:

Chicken Tenders, Texas Toast, Crinkle Cut Fries, Coleslaw

Choice 2:

New Philly Cheesesteak Flatbread

Choice 1:

LOCAL Pasta and Meat Sauce, Garlic Knot, **Cheesy Summer Squash**

Choice 2:

Stuffed Crust Pizza

Choice 1:

General Tso Chicken, Steamed Broccoli, Brown Rice

Choice 2:

Popcorn Chicken with Honey Biscuit

Choice 1:

LOCAL Home Made Pizza!
Garden Salad with Balsamic Dressing

Choice 2:

Cheeseburger

Choice 1:

New Bosco Sticks (Cheesy Filled Breadsticks)
Marinara Sauce, Sweet Potato Fries

Choice 2:

Spicy or Crispy Chicken Sandwich

Choice 1: Golden Bear Bowl

Popcorn Chicken, Mashed Potatoes, Corn Honey Biscuit

LOCAL **Choice 2:** **Harvest Alert!**

New Caprese Sandwich (Ciabatta Bread, Local Tomatoes and Mozzarella, Basil, Olive Oil)

Choice 1:

Mac and Cheese, Garlic Breadstick, Roasted Ranch Broccoli

Choice 2:

Stuffed Crust Pizza

Everyday Offerings:

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

DAILY ALTERNATIVE MEALS:

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



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