



SEPTEMBER 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

No School 1



Meatless Monday! 8

Pizza Crunchers
Potato Wedges
Italian Green Beans

Combo Meal Monday! 15

Chicken Tenders, Mozzarella
Sticks
Marinara Sauce
Curly Fries

22

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

Meatless Monday! 29

Mozzarella Sticks
Marinara Sauce
Italian Green Beans

Tuesday

Back to School BBQ 2

Popcorn Chicken
Curly Fries
Baked Bean
BBQ Sauce
Cornbread Muffin
Watermelon

9

Chicken Nuggets
Smile Fries
Mixed Vegetables
Garlic Breadstick

Takeout Tuesday! 16

General Tso Chicken
Brown Rice
Broccoli



Golden Bear Bowl 23



Popcorn Chicken
Mashed Potatoes
Steamed Corn
WG Biscuit

30

Chicken Nuggets
Smile Fries
Garlic Breadstick
Dipping Sauce

Wednesday

3

Chicken Penne Alfredo
WG Garlic Knot
Broccoli

10

WG Mac and Cheese
WG Breadstick
Broccoli

17

Pasta & Meat (Beef) Sauce
WG Breadstick
Garlic Green Beans

24

Spicy Chicken Sandwich
Pickles
Crinkle Cut Fries
Vegetarian Baked Beans

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

Thursday

4

Chicken Tenders
Crinkle Cut Fries
Carrots
Dinner Roll
Dipping Sauce

11

Grilled Cheese
Tomato Soup
Sweet Potato Fries

18

Meatball Grinder
(All Beef Meatballs,
Marinara Sauce
WG Grinder Roll,
Mozzarella Cheese)
Sweet Potato Fries

25

Try it Thursday!
Chicken or Cheese Quesadilla
Cilantro Lime Rice
Seasoned Black Beans
Pico de Gallo and Sour Cream

*Lucky Tray Day- If your tray has a
sticker, you will win a free snack!*

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

Friday

5

Wild Mike's Bites
Marinara Sauce
Potato Wedges
Caesar Salad

12

Stuffed Crust Pizza
Garden Salad
With Ranch Dressing

19

Cheese Pizza
Buffalo Pizza
Garden Salad
With Ranch Dressing



26

Wild Mike's Bites
Marinara Sauce
Potato Wedges
Caesar Salad

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