



OCTOBER 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

@lingconnect.com

Monday

DAILY ALTERNATIVE MEALS:

Chicken Caesar Wrap
Sun Butter and Jelly Sandwich
Crispy Chicken Salads
Garden Salads
Turkey or Ham on a Hard Roll
Hummus Box
Yogurt Parfait

Monday – Crispy Chicken Sandwich
Tuesday – Garlic French Bread Pizza
Wednesday – Crispy Chicken Sandwiches
Thursday – Stuff Crust Pizza
Friday – Cheeseburger



Tuesday



Wednesday

Thursday

Friday

Pasta and Meatballs
WG Garlic Knot
Mixed Vegetables

Grilled Cheese
Tomato Soup
Sweet Potato Fries

Pick-A-Pizza Friday!
Cheese or
Pepperoni Pizza
Garden Salad
With Italian Dressing



National Noodle Day!

Chicken Tenders
Buttered Noodles
Dip Sauce
Local Feature:
Glazed Carrots with
Local Maple Syrup

Mini Maple Pancakes
Egg Patty
Chicken Sausage
Butternut Squash **Apple** Bake
Maple Syrup
Local Apples

Harvest Mac and Cheese
WG Garlic Breadstick
Local Feature:
Garlic **Green Beans**

CT Grown for CT Kids Week

Beef Nachos
Brown Rice
Salsa & Sour Cream
Local Feature:
Mexican Street Corn with
Fresh Cilantro

Fabulous
Fried Dough Friday!
Fried Dough
Marinara Sauce
Local Feature:
Kale yeah! salad

No School



Adventure to Asia
General Tso Chicken
Brown Rice
Broccoli
Fortune Cookie

Benvenuto in Italia!
Pasta and Meat Sauce
WG Breadstick
Broccoli

NEW
Jump to Jamaica
Jamaica Beef Patty
Rice Pilaf
Spinach

Opa! It's Greek Friday!
New
Chicken Gyro
French Fries
Cucumber and Tomato Salad
Homemade Tzatziki Sauce



National School Lunch Week: Taste the World!

Combo Meal Monday

Chicken Tenders
Mozzarella Sticks
Marinara Sauce
Curly Fries

Bacon Cheeseburger
Pickles
Crinkle Cut Fries
Vegetarian Baked Beans

Chicken Penne Alfredo
WG Garlic Breadstick
Broccoli

Chicken Tenders
and Waffles
Tater Tots
Maple Syrup



Pick-A-Pizza Friday
Cheese or
Buffalo Chicken Pizza
Garden Salad with
Ranch Dressing

Pizza Crunchers
Potato Wedges

Golden Bear Bowl
Popcorn Chicken
Mashed Potatoes
Steamed Corn
WG Biscuit



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

Bacon, Egg & Cheese
On a Croissant
Tater Tots

Happy Halloween!
Bat Shaped Nuggets
Creepy Carrots
WG Garlic Breadstick
EEEE! Treat

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@thomastonschool.org



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

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