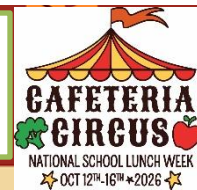


LUNCH

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 TCS

School Year 2026/27 Lunch Prices:
Free/ Reduced: \$0.00
Full Pay: \$3.95
Make payments, check transactions or apply for free and reduced meals online @ linqconnect.com



Monday

Tuesday

Wednesday

Thursday

Friday

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!**

Daily Alternatives:

- Choice 3: Sun Butter and Jelly
- Choice 4: Crispy Chicken or Vegetarian Salad
- Choice 5: Muffin Box
- Choice 6: Bagel Box



Enjoy Local Apples all month long!

Choice 1:

- Harvest Mac & Cheese
- Garlic Breadstick
- Roasted Ranch Broccoli
- Choice 2: Chicken Nuggets

Choice 1:

- New!** Sweet Cheese Pierogis
- Golden Waffles,
- Warm Cinnamon Apples**
- Maple Glazed Carrots
- Choice 2: Grilled Cheese

Choice 1:

- Crispy BBQ Chicken Sandwich
- Primavera Pasta Salad
- Vegetarian Baked Beans
- Choice 2: 4x6 Pizza

Choice 1:

- Walking Nachos:
- Dorito Chips, Seasoned Ground Beef, Cheese Sauce
- Tomato & Corn Salad
- Salsa & Sour Cream
- Choice 2: Chicken Tenders

Choice 1:

- Fried Dough
- Marinara Sauce, Shredded Mozzarella
- Garden Salad with Homemade Maple Vinaigrette
- Choice 2: Cereal Box

Reminder:
No School!

Choice 1:

- Popcorn Chicken
- Strongman's Mashed Potatoes
- Clown's Steamed Corn
- Sweet Circus Honey Biscuit
- Choice 2: Grilled Cheese

Choice 1:

- Twisty Pasta
- Juggler's Meatballs
- Topy-Turvy Garlic Knot
- Ringmaster's Roasted Zucchini
- Choice 2: 4x6 Pizza

Choice 1:

- Circus Confetti Pancakes
- Chicken Sausage
- Tiny Tent Tater Tots
- Choice 2: Chicken Tenders

Choice 1:

- Center Ring Pizza!**
- Cheese or Buffalo
- Chicken Pizza Slice
- Circus Garden Salad with Ringmaster's Ranch Dressing
- Choice 2: Cereal Box

Choice 1:

- Pizza Crunchers
- Potato Wedges
- Choice 2: Chicken Nuggets

Choice 1:

- Chicken Tenders
- Crinkle Cut Fries
- Texas Toast
- Choice 2: Grilled Cheese

Choice 1:

- Hamburger or Cheeseburger
- Potato Wedges
- Mediterranean Chickpea Salad
- Choice 2: 4x6 Pizza

Choice 1:

- Teriyaki Chicken Bowl
- Brown Rice
- Stir Fry Veggies
- Egg Roll
- Choice 2: Chicken Tenders

Choice 1:

- Stuffed Crust Pizza
- Garden Salad with Ranch Dressing
- Choice 2: Cereal Box

Choice 1:

- Bosco Sticks
- Marinara Sauce
- Maple Glazed Carrots
- Choice 2: Chicken Nuggets

Lunch that's a total Homerun!

Choice 1:

- Grand Slam Meal!
- Funnel Cake
- Chicken Sausage
- Maple Syrup
- Choice 2: Grilled Cheese

Choice 1:

- Homemade Pasta and Meat Sauce
- WG Breadstick
- Roasted Ranch Broccoli
- Choice 2: 4x6 Pizza

Choice 1:

- Homemade Pizza
- Garden Salad with Local Maple Vinaigrette
- "Harvest Alert"**
- Homemade Apple Crisp
- Choice 2: Chicken Tenders

Happy Halloween!

- Choice 1: Batty Bites (Bat Shaped Chicken Nuggets)
- Spooky Smile Fries
- Monster Dinner Roll
- Eek! Sidekick (Icy Treat)
- Choice 2: Cereal Box

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

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

