



# SEPTEMBER 2025

## Thomaston Center School

School Year 2025/26 Lunch Prices:

Reduced: 0.40

Full Pay: \$3.75

Make payments, check transactions or  
apply for free and reduced meals online  
@ [linqconnect.com](https://linqconnect.com)

### Monday

#### No School 1



#### Meatless Monday! 8

Mozzarella Sticks  
Marinara Sauce  
Mixed Vegetables

#### Meatless Monday! 15

**\*New\***

Cheesy Pull Apart Bread  
Marinara Sauce  
Curly Fries

#### Meatless Monday! 22

MaxStix Dunkers  
Marinara Sauce  
Garlic Green Beans

#### Meatless Monday! 29

Grilled Cheese on Whole  
Grain Bread  
Tomato Soup

### Tuesday

#### Back to School BBQ 2

Popcorn Chicken  
Curly Fries  
Baked Bean  
BBQ Sauce  
Cornbread Muffin  
Watermelon

#### Chicken Nuggets 9

Potato Wedges  
Glazed Carrots  
WG Honey Biscuit

#### Takeout Tuesday! 16

Popcorn Chicken with  
Sweet & Sour Dipping Sauce  
Brown Rice  
Broccoli

#### TPS- Chicken Bowl 23

Popcorn Chicken  
Mashed Potatoes  
Steamed Corn  
WG Honey Biscuit

Chicken Nuggets  
Smile Fries  
Garlic Breadstick

### Wednesday

Chicken Penne Alfredo  
WG Garlic Knot  
Broccoli

WG Mac and Cheese  
WG Breadstick  
Broccoli

Pasta & Meat (Beef) Sauce  
WG Breadstick  
Cheesy Summer Squash

#### Burger Wednesday! 24

Cheeseburger  
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

Beef Nachos 4  
(Seasoned Ground Beef and  
Cheese Sauce over Tortilla Chips)  
Brown Rice, Black Beans  
Corn Salad, Sour Cream and Salsa

Cheeseburger 11  
French Fries  
Vegetarian Baked Beans

Try it Thursday! 18  
Chicken or Cheese Quesadilla  
Cilantro Lime Rice  
Seasoned Black Beans  
Salsa and Sour Cream

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

French Toast Sticks 25  
Hash Brown Patty  
Chicken Sausage  
Egg Patty  
Maple Syrup

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

### Friday

Stuffed Crust Pizza 5  
Garden Salad  
With Italian Dressing

Cheese Pizza 12  
Pepperoni Pizza  
Garden Salad  
With Italian Dressing

Cheese Pizza 19  
Buffalo Pizza  
Garden Salad  
With Ranch Dressing

Stuffed Crust Pizza 26  
Garden Salad with  
Italian Dressing

**DAILY ALTERNATIVE MEALS:**  
Sun Butter and Jelly Sandwich  
Crispy Chicken Salads  
Yogurt Parfait  
Turkey or Ham Sandwich  
Muffin Box

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](mailto:jzarrilli@thomastonschools.org)

