


THOMASTON SCHOOL LUNCH

MILK \$.50
LUNCH \$3.00

HIGH SCHOOL

Oct-17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONNECTICUT GROWN FOR CONNECTICUT KIDS WEEK OCTOBER 2-6, 2017				
THIS WEEK WE WILL BE FEATURING ON OUR MENU MANY CT GROWN OR MANUFACTURED FOOD ITEMS				
2-Oct 	3-Oct	4-Oct	5-Oct	6-Oct
<p><u>CHOOSE 1 ITEM</u> CHICKEN NUGGETS BUTTERED PASTA/ SAUCES CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY ROASTED BUTTERNUT SQUASH CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> CHEESE QUESADILLA WITH SALSA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><u>CHOOSE 1 ITEM</u> DELI BAR DAY: CHOOSE FROM TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION PIZZA CRUNCHERS CHEF SALAD /CROUTONS & ROLL</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>Professional Development Day</p> <p>No School for Children</p>
9 	10	11	12	13
<p><u>CHOOSE 1 ITEM</u> CHICKEN TENDERS WITH A WARM DINNER ROLL CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: MASHED POTATOES / GRAVY CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><u>CHOOSE 1 ITEM</u> DELI BAR DAY: CHOOSE FROM TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION CORN DOG NUGGETS CHEF SALAD /CROUTONS & ROLL</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> PASTA WITH MEAT SAUCE GARLIC BREAD CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><u>CHOOSE 1 ITEM</u> MOZZARELLA STICKS MARINARA SAUCE CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> FRENCH BREAD PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY</p>
16	17	18	19	20
<p><u>CHOOSE 1 ITEM</u> HAMBURGER OR CHEESEBURGER ON A BUN CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: OVEN FRIES CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> CALZONE MARINARA SAUCE CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: GREEN BEANS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><u>CHOOSE 1 ITEM</u> DELI BAR DAY: CHOOSE FROM TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION SLOPPY JOE ON A BUN CHEF SALAD /CROUTONS & ROLL</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY COLE SLAW CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> TOASTED CHEESE SANDWICH CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: TOMATO SOUP CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><u>CHOOSE 1 ITEM</u> FRENCH BREAD PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY</p>
23	24	25	26	27
<p><u>CHOOSE 1 ITEM</u> CHICKEN & WAFFLES CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY COLE SLAW CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> MINI PANCAKES SAUSAGE PATTIE & SYRUP CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: OVEN ROASTED POTATOES CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><u>CHOOSE 1 ITEM</u> DELI BAR DAY: CHOOSE FROM TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION HOT DOG ON A BUN CHEF SALAD /CROUTONS & ROLL <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> CHILI CHEESE NACHOS CHILI, CHEESE and CHIPS CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><u>CHOOSE 1 ITEM</u> BUFFALO CHICKEN PIZZA OR CHEESE PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY</p>
30	31 	NOV 1	NOV 2	NOV 3
<p><u>CHOOSE 1 ITEM</u> SOFT SHELL BEEF TACO LETTUCE, TOMATO, CHEESE, SALSA BROWN RICE CHEF SALAD /CROUTONS & ROLL</p>	<p><u>CHOOSE 1 ITEM</u> HALLOWEEN CHICKEN NUGGETS BROWN RICE/ SAUCES CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p>	<p><u>CHOOSE 1 ITEM</u> DELI BAR DAY: CHOOSE FROM TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION KRISPY CHICKEN PATTI / BUN</p>	<p><u>CHOOSE 1 ITEM</u> MOZZARELLA STICKS MARINARA DIPPING SAUCE CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p>	<p><u>CHOOSE 1 ITEM</u> STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p>

<p>ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY</p>	<p>HOLIDAY TREAT </p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: SWEET PEAS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>CHEF SALAD /CROUTONS & ROLL</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: GREEN BEANS CANNED FRUIT TRAY</p>	<p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY</p>
<p><small>COMPLETE EACH MEAL WITH YOUR CHOICE OF A COLORFUL ASSORTMENT OF HIGH FIBER, VITAMIN PACKED FRESH VEGGIES AND FRESH FRUITS, OR CANNED FRUIT OR JUICE.</small></p>	<p><small>CHOICE OF NON-FAT OR LOW FAT WHITE MILK OR NON FAT CHOCOLATE, NON FAT STRAWBERRY MILK</small></p>	<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>	<p>choose one or two vegetables</p>	<p>choose one or two fruits</p>