

Killingly Intermediate Middle School

Welcome to our Lunch Cafe

9/23/2024 - 9/27/2024

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



Steamed Dumplings
stuffed dumplings perfect for dipping in your favorite seasoned sauce 🌱

Light Soy Sauce
Brown Rice Pilaf
Steamed Broccoli

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese 🌱

Chicken & Cheese Quesadilla
Salsa
Fiesta Corn

Sweet & Sour
Chicken Sauce & Toss
popcorn chicken in a sweet & sour sauce 🌱

Brown Rice Pilaf
Chilled Red Pepper Strips
Green Pepper Slices

Classic Tex Mex
Burrito
mexi-style meat, rice and shredded cheese folded inside a soft tortilla 🌱

Nachos with Cheese 🌱

Avocado Topping
Pico De Gallo

American Combo
Sandwich
freshly made sandwich with thinly sliced turkey, ham and cheese 🌱

EARLY RELEASE



Chicken Parmesan
Sandwich
chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll

Philly Cheese Steak
thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🌱

Meatball Hero
freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella

Buffalo Chicken
Tenders
Buffalo chicken tenders with carrot and celery sticks 🌱

Oven Baked Fries

Beef Hot Dog on Bun
juicy beef hot dog on a soft bun

Baked Beans

Available Daily: Hamburgers, Cheeseburgers, Chicken Patties and Spicy Chicken Sandwiches. Turkey Burgers, & Veggie

MEATLESS MONDAY



Basil and Red
Pepper Pizza
pizza topped with sliced peppers and basil 🌱

Homemade Meatball
Calzone
fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil and oregano 🌱

French Bread Pizza
toasted French bread topped with pizza sauce and melted cheese 🌱

Bacon Pizza
pizza dough topped with tomato sauce, cheese and crispy bacon 🌱

Homemade Buffalo
Chicken Stromboli
garlic pizza dough wrapped around zesty buffalo chicken, mozzarella, rich tomato sauce and baked to perfection 🌱

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough

MEATLESS MONDAY



Fruity Parfait
vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🌱

Southwest Chicken
Salad
chunky chicken salad with a southwest flavor 🌱

Classic Greek Salad
romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱

Crispy Chicken
Garden Salad
fresh garden salad topped with baked crispy chicken and served with dinner roll(s) 🌱

Chicken and
Strawberry Salad
fresh strawberries with chicken over greens 🌱

Available Daily: Assorted Entree Salad. Assorted Deli Subs and Wraps all with your choice of fruit and milk.



Available Daily on Our Salad Bars:
Mixed Dark Leafy Greens, Tomatoes, Cucumbers, Carrots, Broccoli Florets, Cauliflower Florets, Beans, Corn Niblets, Hummus, Dinner Rolls, Local Apples, Oranges, Bananas and a variety of canned fruit.

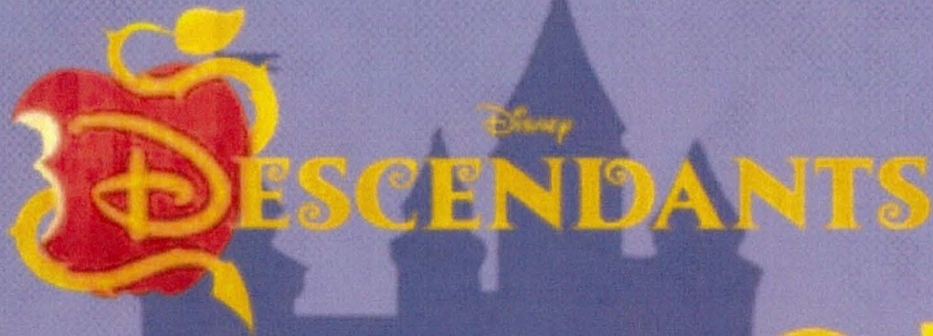


Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. * Menu is subject to change, notice posted when available. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. * This institution is an equal opportunity provider.





Disney
DESCENDANTS

SING-ALONG

Join your favorite Descendants for a fun sing along event. Sing your favorite songs from the movie with our very own Mal, Evie, Jay, Carlos, Ben and Audrey!

Enjoy Mals Love Spell Cookies and Evil Punch and decorate your own magic mirror just like Evies.



October 6th
Two Sessions only
10am or 11:30am
Tickets: \$15 per person

