

Lunch Menu

Killingly Good Year ECC

October 2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

1 BLT Burger  
Potato Wedges
Baked Beans
Sliced Oranges

2 Homemade Mac & Cheese  
Cauliflower Popcorn
Fresh Apple

3 Homemade French Toast  
Crispy Turkey Sausage Links
Syrup
Hash Brown Potatoes
Strawberries

4 Classic Cheese Pizza  
Garden Salad
Pear and Pineapple Cup

Alternate Lunch: Chicken Patty Sandwich

7 Chicken Nugget & Mozzarella Stick Combo
Cinnamon & Honey Roasted Beans
Fruit Salad

8 Cheeseburger
Sweet Potato Fries
Berry Cup
Green Beans

9 Homemade Pasta & Meat Sauce 
Steamed Broccolini
Homemade Garlic Bread

10 Bacon, Egg and Cheese Breakfast Sandwich 
Sliced Peaches
Crispy Potato Puffs

11 Classic Cheese Pizza 
Garden Salad
Organic Applesauce

Alternate Lunch: Nacho Fun Lunch

14  Columbus Day

15 Baked Chicken Tenders
Oven Baked Fries
Broccoli Florets
Ranch Dressing
Fresh Apple

16 Beef and Tomato Macaroni Casserole 
Mixed Vegetable Blend
Homemade Garlic Bread
Diced Pear Cup

17 Whole Grain Pancakes with Sausage Syrup
Crispy Potato Puffs
Fresh Orange

18 Classic Cheese Pizza 
Fresh Cucumber Salad
Ranch Dressing
Organic Applesauce

Alternate Lunch: Bagel Fun Lunch

21 Chicken Nugget & Mozzarella Stick Combo
Cauliflower
Pineapple Cup

22 Beef and Cheese Quesadilla 
Fiesta Corn
Black Beans
Organic Applesauce

23 Turkey & Cheese Panini 
Broccoli Bites
Ranch Dressing
Organic Applesauce

24 Baked Chicken Tenders
Crispy Potato Puffs
Green Beans
Fresh Orange

25 American Combo Sandwich 
Carrot Sticks
Fresh Red Delicious Apple
Ranch Dressing

Alternate Lunch: Sunbutter and Jelly

Early Release

28 Cheesy Stuffed Bread Sticks 
Tomato Sauce
Green Beans
Applesauce

29 Nachos Grande 
Corn & Black Bean Salad
Sour Cream
Organic Applesauce

30 Grilled Cheese Sandwich Meltdown Café 
Tomato Soup
Broccoli Bites
Ranch Dressing

31 Chicken and Waffles Syrup
Green Beans
Pineapple

IT'S STUDENT APPRECIATION DAY

LET'S CELEBRATE!
HAPPY HALLOWEEN

Alternate Lunch: Simply Boxed Yogurt Fun Lunch

View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*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.



Lunch Price

Paid Meals: \$3.00
Free/Reduced Meals: FREE
Ala Carte Milk \$.50

Manage your Child's Account Online! Go to www.myschoolbucks.com
Students can purchase food daily with  Made With Natural Ingredients in advance via check.

ALL STUDENT LUNCH INCLUDE CHOICE OF

1% Milk or Low-Fat Chocolate Milk with a Vegetable Choice and or Fruit Choice Daily Fruits offerings: Apples, Bananas, Oranges, half cup of assorted canned fruit.
Assorted Condiments Available

