

Elementary Lunch Menu

Please be sure to fill out an application for free & reduced priced meals @ SchoolCafe Parent Portal

LUNCH PRICING
 FULL PAY- \$3.25
 MILK ONLY-.50
 STAFF LUNCH-\$5.00

ALL STUDENTS AT THAMES RIVER MYSTIC RIVER & CATHERINE KOLNASKI WILL EAT BREAKFAST AND LUNCH AT NO COST TO THE FAMILIES THIS SCHOOL YEAR!!

8 oz low fat or fat-free milk, our fantastic fruit tray and rainbow veggie tray offered with every school lunch

Thanks to the State of Connecticut all students eligible for reduced price meals will eat at no cost this school year

This Institution Is an Equal Opportunity Provider



Mon	Tue	Wed	Thu	Fri
PLEASE NOTE MENU IS SUBJECT TO CHANGE	1 CHEESEBURGER ON A WHEAT ROLL BAKED VEGETARIAN BEANS COOL RANCH DORITOS FRUIT COCKTAIL	2 HOUSE MADE MACARONI & CHEESE ROASTED BROCCOLI DINNER ROLL APPLESAUCE	3 NACHO DAY SEASONED BEEF WITH CREAMY CHEESE SAUCE TORTILLA CHIPS SEASONED BROWN RICE LETTUCE & TOMATO FRESH STRAWBERRIES	4 DEEP DISH PIZZA SPINACH SALAD WITH BLACK BEANS FRESH ORANGE
7 CHICKEN NUGGETS CRINKLE CUT FRIES HONEY WHEAT BISQUIT FRESH APPLE	8 TURKEY & CHEESE ON A WHEAT ROLL NACHO CHEESE DORITOS GRAPE TOMATOS FRESH ORANGE EARLY DISMISSAL	9 MANDARIN ORANGE CHICKEN FRIED RICE DINNER ROLL STIR FRY VEGGIE FORTUNE COOKIE BANANA	10 BRUNCH! FRENCH TOAST STICKS TURKEY SAUSAGE LINKS HASH BROWN ROUNDS CINNAMON ROASTED CARROTS DICED PEARS	11 FRENCH BREAD PIZZA ROMAINE CAESAR SALAD SLICED APPLES
14 COLUMBUS DAY! INDIGENOUS PEOPLE'S DAY! NO SCHOOL!	15 BREADED RAVIOLI IN MARINARA SAUCE GARLIC KNOT ROMAINE CAESAR SALAD CINNAMON APPLE CUPS	16 GRILLED HAM & CHEESE ON A CROISSANT SMILEY FRIES DICED PEARS	17 PASTA WITH MEAT SAUCE TEXAS TOAST PARMESEAN PEAS DICED PEACHES	18 CHEESE PIZZA SPINACH SALAD WITH BLACK BEANS FRESH STRAWBERRIES
21 MOZZARELLA STICKS MARINARA SAUCE ROMAINE MIXED SALAD WITH RANCH DRESSING DINNER ROLL APPLE SLICES	22 BREADED CHICKEN FILET ON A WHEAT ROLL SWEET POTATO FRIES ROASTED GREEN BEANS APPLES SLICES	23 HOT DOG ON A WHEAT ROLL TATER TOTS CELERY STICKS PARADISE PUNCH SLUSHIE EARLY DISMISSAL	24 HAM & CHEESE ON A WHEAT ROLL COOL RANCH DORITOS CUCUMBER SLICES CRAISINS EARLY DISMISSAL	25 STUFFED CRUST PIZZA ROMAINE CAESAR SALAD MIXED FRUIT CUPS EARLY DISMISSAL
28 GRILLED CHEESE POTATO WEDGES APPLESAUCE	29 MIKES CHEESE BITES MARINARA SAUCE DINNER ROLL ROASTED BROCCOLI FRESH STRAWBERRIES	30 CHICKEN CAESAR WRAP CAPE COD CHIPS GREEN PEPPER STRIPS FRUIT COCKTAIL	31 HAPPY HALLOWEEN CHEFS CHOICE	Bento Boxes served daily as an alternate lunch, please check the website for your schools options