

Killingly High School

6/2/2025 - 6/6/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



General Tso Chicken
Noodle Bowl
freshly baked chicken in a soy ginger sauce with vegetables over noodles

Homemade Pasta & Meat Sauce
freshly cooked homemade pasta with meat sauce
Steamed Broccoli
Homemade Garlic Bread

Honeyfire Kitchen
Chicken Sandwich
freshly prepared chicken drizzled with honey fire sauce
Homemade Deli Style Coleslaw
Moroccan Roasted Carrots

Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy
Sweet Corn

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



Bean & Veggie Loaded Burrito
a whole wheat burrito, stuffed with fiesta rice, veggies, beans and cheddar cheese, served with salsa and sour

Fiesta Taco Salad
homemade crunchy tortilla bowl with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar

Soft Tacos
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell

Chicken Fajita Wrap
freshly made tortilla stuffed with mexi style meat, rice, onions, peppers and cheese

Fiesta Taco Salad
homemade crunchy tortilla bowl with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar

Daily: Nachos, Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Cheese Sauce, Shredded Lettuce



Bianco Pizza
pizza dough brushed with garlic and oil, topped with basil and mozzarella and ricotta cheeses

Hand Crafted Buffalo Chicken Pizza
fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp

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

Homemade Baked Pasta with Cheese
pasta topped with melted cheese, baked to perfection

Pizza Bagel
melted cheese and tomato sauce on a toasted bagel, baked to perfection

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



Buffalo Chicken Tenders
Buffalo chicken tenders with carrot and celery sticks

Wing Shack Honey BBQ Chicken Wings
Honey BBQ Chicken Wings
Baby Carrots
Celery

Cheeseburger
burger topped with cheese on a freshly toasted bun

New Yorker Dog
hot dog on a bun, topped with sauerkraut and onions
Homemade Deli Style Coleslaw

Spicy Chicken Melt
Meltdown Café moist spicy chicken topped with melted cheese inside a warm bread

Daily: Hamburgers, Cheeseburgers, Chicken Patties and Spicy Chicken Sandwiches



Roasted Vegetable Panini
roasted zucchini, eggplant and garlic, with mozzarella and balsamic glaze, served on panini bread

American Beauty
freshly made sandwich with thinly sliced turkey and cheese, crispy lettuce and tomato

Italian Combo Sandwich
freshly sliced cured meat and cheese on a roll topped with crisp lettuce and tomato

Chicken Caesar Wrap
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing

Tuna Salad Wrap*
fresh chunky tuna salad with field greens and tomatoes served in a wrap
Tuna Salad Sandwich

Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable



Healthy Harvest Salad Bar:
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Pepperoncini, Garbanzo Beans, Apples, Oranges and Bananas and other assorted Seasonal Fruits and Veggies.



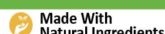
Available Daily:
Organic Yogurt Parfait with Organic Granola Topping, Chicken Caesar Salad, Chef Salad, Garden Salad which includes Whole Grain Roll. Assorted Sandwiches and Wraps. All of this is offered with Milk and your choice of Fruit.



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.



Killingly High School

6/9/2025 - 6/13/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken and Roasted Broccoli Mac & Cheese
pasta in cheese sauce, topped with chicken and broccoli and garnished with parsley 🌱

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

Cheesy Garlic Bread
freshly baked garlic bread topped with melted mozzarella cheese
Tomato Sauce
Caesar Salad

General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce 🌱
Vegetable Lo Mein 🌱

New Yorker Panini
turkey and cheddar panini, pressed with spicy brown mustard, tomatoes and bacon P 🌱
Oven Baked Fries



Veggie Bean Quesadilla
hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers 🌱

Soft Tacos
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell 🌱

Santa Fe Quesadilla
juicy chicken, cheese, roasted peppers and corn inside a soft tortilla wrap spread with salsa prepared in-house 🌱

Nachos with Cheese
creamy cheese layered over a bed of nachos 🌱

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

Daily: Nachos, Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Cheese Sauce, Shredded Lettuce,



Mushroom Pizza
fresh pizza crust topped with pizza sauce, mozzarella, parmesan and mushrooms 🌱

Meatball Pizza
freshly prepared cheese pizza topped with meatballs 🌱

Hawaiian Pizza
ham and pineapple chunks over a cheese pizza slice P 🌱

Pepper & Onion Pizza
freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions 🌱

Pizza Bagel
melted cheese and tomato sauce on a toasted bagel, baked to perfection 🌱

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



Garden Burger
veggie burger with caramelized onions on a whole wheat bun 🌱
Oven Baked Fries

BBQ Chicken Wrap
chicken breast with BBQ sauce, lettuce and tomato in a wrap 🌱
Sweet Potato Fries

Bacon Cheeseburger
burger topped with cheese and bacon on a freshly toasted bun P
Crispy Potato Puffs

Baked Beans

BLT Burger
freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun P 🌱
Oven Baked Fries

Daily: Hamburgers, Cheeseburgers, Chicken Patties and Spicy Chicken Sandwiches



Grilled Veggie Wrap
freshly prepared grilled peppers, zucchini and squash mixed with sauteed spinach, mexi-rice and feta cheese inside a soft tortilla wrap

Ham & Cheese Wrap P
American Beauty 🌱

American Beauty
freshly made sandwich with thinly sliced turkey and cheese, crispy lettuce and tomato 🌱

Chicken Ranch Wrap
tender chicken tossed in buttermilk ranch dressing with lettuce and tomatoes in a wrap 🌱

Tuna Salad Sandwich
freshly made sandwich topped with creamy tuna salad 🌱

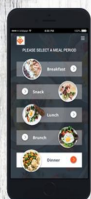
Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable



Healthy Harvest Salad Bar:
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Pepperoncini, Garbanzo Beans, Apples, Oranges and Bananas and other assorted Seasonal Fruits and Veggies.



Available Daily:
Organic Yogurt Parfait with Organic Granola Topping, Chicken Caesar Salad, Chef Salad, Garden Salad which includes Whole Grain Roll. Assorted Sandwiches and Wraps. All of this is offered with Milk and your choice of 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.



Killingly High School

6/16/2025 - 6/17/2025

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta 🍝
Garden Salad

Famous Chili Cheese Fries
golden baked potato wedges topped with chili and cheese 🍷 🌿



MEATLESS MONDAY

Veggie Bean Quesadilla
hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers 🌿 🍷

Fiesta Taco Salad
homemade crunchy tortilla bowl with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar 🍷

Daily: Nachos, Soft Tacos, Mexi-Rice with you



Hand Crafted Three Cheese Pizza
fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses 🌿 🍷

Hand Crafted Buffalo Chicken Pizza
fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍷

Daily: Cheese Pizza, Pepperoni Piz



Cheesy Chicken Sandwich
a warm sandwich prepared in-house and topped with melted cheese and baked chicken cutlet

Wing Shack Honey BBQ Chicken Wings
Honey BBQ Chicken Wings
Baby Carrots
Celery

Daily: Hamburgers, Cheesel



The Harvest Classic
freshly prepared tortilla wrap with thinly sliced ham, mozzarella cheese, tossed greens and juicy tomatoes 🍷 🌿

American Beauty
freshly made sandwich with thinly sliced turkey and cheese, crispy lettuce and tomato 🍷

Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable



Healthy Harvest Salad Bar:
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Pepperoncini, Garbanzo Beans, Apples, Oranges and Bananas and other assorted Seasonal Fruits and Veggies.



Available Daily:
Organic Yogurt Parfait with Organic Granola Topping, Chicken Caesar Salad, Chef Salad, Garden Salad which includes Whole Grain Roll. Assorted Sandwiches and Wraps. All of this is offered with Milk and your choice of Fruit.

SANDWICHES • VEGETABLES • FRUITS • MILK
FREE SUMMER MEALS

KIDS and TEENS 18 and Under

For sites near you visit:
www.CTSummerMeals.org
CALL 211
TEXT THE WORD FOOD TO 304-304

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.
Milk image courtesy of No Kid Hungry.

EHCI! USDA CSDE ACME nourishing neighbors

Free Meals Served at Killingly High School
Enter through the Student Parking Lot entrance
Monday through Friday July 7th-August 8th
Breakfast 8:30am-9:30am
Lunch 11:15am-12:15pm

All meals must be consumed on site



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.

Vegetarian Made With Natural Ingredients P Pork Smart Choice Made With Organic Ingredients

