

Killingly Intermediate Middle School

Welcome to our
Lunch Cafe

6/2/2025 - 6/6/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade Mac & Cheese
pasta in cheese sauce,
garnished with parsley
🌱 🍷
Steamed Broccoli

Crispy Tacos
homemade spicy taco
meat inside a crispy taco
shell topped with cheese
Nachos with Cheese
🌱
Black Bean and
Pepper Salad
Salsa
Sour Cream

Chicken and Waffles
crispy chicken placed on
top of fluffy waffles

Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese
🍷
Salsa
Sour Cream
Mission Burrito 🍷

Cheesy Stuffed
Bread Sticks
baked bread sticks filled
with melted cheese 🌱
Tomato Sauce Dip



Breaded Fish Sticks

Turkey & Cheese
Panini
turkey, cheese, lettuce
and tomato panini grilled
to perfection 🍷

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

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

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



French Bread Pizza
crispy French bread
smothered with tomato
sauce and melted
cheese 🌱

Meatball Pizza
meatballs over a cheesy
slice of pizza

Meat Lovers Pizza
freshly made pizza
topped with mozzarella
cheese, sausage,
pepperoni and meatball
🍷

BBQ Chicken Pizza
fresh pizza dough topped
with BBQ sauce,
mozzarella, cheddar,
chicken strips, red onion
and cilantro 🍷

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



Chicken Caesar
Salad
fresh romaine topped
with parmesan cheese,
chicken, and croutons
with dinner rolls 🍷

Turkey BLT Wrap
sliced turkey, bacon,
lettuce, and tomato on a
wrap 🌱 🍷

Classic Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses 🌱 🍷

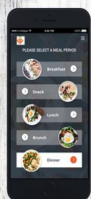
Chicken Caesar
Wrap
freshly made tortilla wrap
filled with sliced chicken,
crisp lettuce, and cheese
topped with low-fat
Caesar dressing 🍷

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

Available Daily: Assorted Entree Salad, Parfaits, 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.

Vegetarian

Made With
Natural Ingredients

P Pork

Smart
Choice

Made With
Organic Ingredients

WHITSON'S
School Nutrition

Killingly Intermediate Middle School

Welcome to our
Lunch Cafe

6/9/2025 - 6/13/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Nugget & Mozzarella Stick Combo
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce

Chicken & Cheese Quesadilla
hand crafted grilled flour tortilla filled with juicy chicken and melty cheese
Nachos Grande Salsa
Fiesta Corn

Pasta with Meat Sauce
freshly cooked pasta with meat sauce
Steamed Broccoli

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

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

Field Day

Field Day



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
Oven Baked Fries

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

Cheeseburger
burger topped with cheese on a freshly toasted bun
Crispy Chicken Sandwich

Cheeseburger
burger topped with cheese on a freshly toasted bun
Crispy Chicken Sandwich

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



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

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

Cheese Pizza
fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp
Pepperoni Pizza

Cheese Pizza
fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp
Pepperoni Pizza

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



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

Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls

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

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



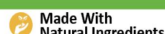
Available Daily on Our Salad Bars:
Mixed Dark Leafy Greens, Tomatoes, Cucumbers, Carrots, Broccoli Florets, Cauliflower Florets, Beans, Corn Niblets, Hummus, Dinner Rolls, Local Apples, Oranges, Bananas and a variety of canned fruit.



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WHITSON'S
School Nutrition

Killingly Intermediate Middle School

Welcome to our
Lunch Cafe

6/16/2025 - 6/17/2025

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



American Combo Sandwich
freshly made sandwich
with thinly sliced turkey,
ham and cheese **P**
Baby Carrots
Potato Chips
Fresh Apple

American Combo Sandwich
freshly made sandwich
with thinly sliced turkey,
ham and cheese **P**
Baby Carrots
Potato Chips
Fresh Apple

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.



HAVE A GREAT SUMMER!

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

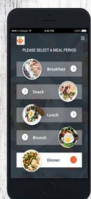
Lunch 11:15am-12:15pm

All meals must be consumed on site

Available Daily: Assorted Entree Salad.

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.



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