

Killingly Intermediate Middle School

Welcome to our Lunch Cafe

3/9/2026 - 3/13/2026



Monday

Tuesday

Wednesday

Thursday

Friday



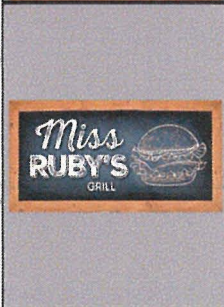
Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy

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

Cinnamon French Toast Sticks
French toast sticks baked to perfection
Crispy Turkey Sausage Links
Crispy Potato Puffs
Syrup

BLT Burger
freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun
Crispy Potato Puffs

Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
Baby Carrots
Fresh Apple



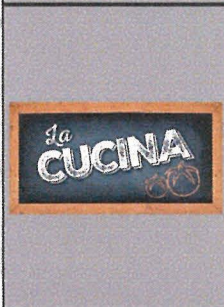
BBQ Pulled Pork Sandwich
shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun

Spicy Chicken Sandwich
warm spicy chicken breaded cutlet prepared in-house

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

Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house

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



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

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

Pepperoni and Cheese Stromboli

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



Egg Salad Sandwich
freshly made sandwich with house prepared egg salad

Fruity Granola Parfait
Low fat vanilla yogurt layered with fruit and granola

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

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

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

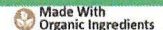
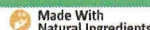


Available Daily on Our Salad Bars:
Mixed Dark Leafy Greens, Tomatoes, Cucumbers, Carrots, Broccoli Florets, Cauliflower Florets, Beans, Corn Niblets, Hummus, Dinner Rolls, Local Apples, Oranges, Bananas and a variety of canned fruit.

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.

WHITSONS FAMILY OF COMPANIES WWW.WHITSONS.COM



KILLINGLY INTERMEDIATE SCHOOL



JAMES LACKNER, ATHLETIC DIRECTOR
1599 UPPER MAPLE STREET
KILLINGLY, CT 06241
(860) 779-6700

KIS Sports Information Spring 2025-26

To be eligible to participate in a spring sport, ALL athletes must be registered on FinalForms and have a current/up to date physical uploaded (Only good 13 months from date of physical exam). Both need to be done before being able to tryout. If a current/up-to-date physical is not uploaded or an expired physical is uploaded the student will NOT be allowed to tryout or participate. **NO EXCEPTIONS CAN BE MADE FOR AN EXPIRED PHYSICAL.**

FINALFORM REGISTRATION LINK <https://killingly-ct.finalforms.com/> - *Available Now!*

The deadline to sign-up for tryouts is Sunday, March 8th.

BASEBALL: Head Coach – Shawn Martel (smartel_2002@yahoo.com)

Tryouts begin March 23rd at 2:30pm on KIS baseball field. Pitchers and catchers begin Monday, March 16th at 2:30pm in the KIS Gym (Coach will reach out to these players who need to attend)

SOFTBALL: Head Coach – Megan Perrin (mperrin@killingtyschools.org)

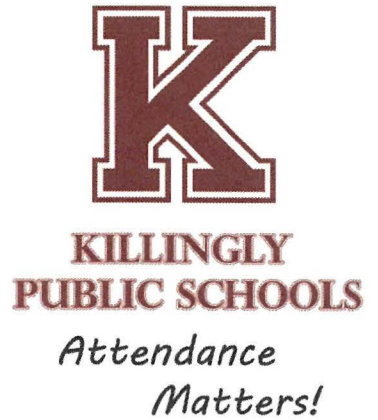
Tryouts begin March 23rd at 2:30pm on the KIS softball field. Pitchers and catchers begin Monday, March 16th at 2:30pm at in the KIS Gym (Coach will reach out to these players who need to attend)

TRACK AND FIELD: Head Coach – Laurie Evans (levans@killingtyschools.org) / Assistant Coach – Alex Landry (alandry@killingtyschools.org) |

Tryouts begin March 23rd at 2:30pm, meet in the gym

***Students should listen to announcements for an informational meeting for all sports BEFORE sports begins.**

MARCH MADNESS ATTENDANCE 2026



Homeroom



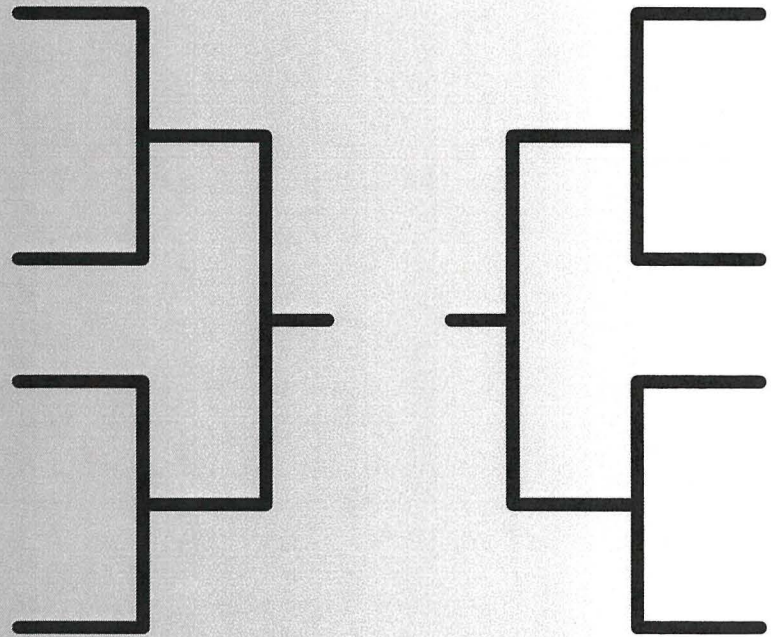
Homeroom



Entire month of March -
standings will be
updated every week!



KMS, KIS, KHS



The more students who attend, the higher your homeroom percentage, and the higher you move in the bracket. You must be on time, every day!

Follow along at www.killinglyschools.org/attendance



INTERESTED IN PLAYING FOR THE **DANIELSON AMERICAN LEGION** **POST 21 BASEBALL TEAM?**

IF YOU ARE A RESIDENT OF KILLINGLY, BROOKLYN, OR POMFRET, YOU ARE INVITED TO TRY OUT TO PLAY FOR THE DANIELSON AMERICAN LEGION POST 21 BASEBALL PROGRAM.

IF YOU WERE BORN BETWEEN JANUARY 1, 2007, AND MAY 1, 2012, YOU ARE ELIGIBLE TO PLAY AMERICAN LEGION BASEBALL IN 2026.

REGISTRATION MUST BE COMPLETED ONLINE AT:

**CT AMERICAN LEGION BASEBALL HOME
REGISTRATION
FORM 2**

REGISTRATION BEGINS ON JANUARY 1, 2026. POST 21 IS REQUESTING REGISTRATION BE COMPLETED BY APRIL 1, 2026.

AMERICAN LEGION BASEBALL IS AN AFFORDABLE, CHALLENGING ORGANIZATION.

FOR MORE INFORMATION CONTACT CHARLIE CROWLEY AT:

CHUCK.CROWLEY392@GMAIL.COM

THANK YOU.



www.4hcampct.org



OPEN HOUSE WINDHAM-TOLLAND 4-H CAMP

- Take a Tour
- Meet the Staff
- Have a Snack



326 Taft Pond Rd
Pomfret Ctr. CT 06259

860-974-3379

Register for Camp

March 15th 2-4pm

LICENSED BY THE STATE OF CT, ACA ACCREDITED



Rated PG

BLACK LIGHT MOVIE NIGHT
FOR
6-8th GRADE KILLINGLY KIDS
AT KILLINGLY COMMUNITY
CENTER FRIDAY MARCH 27TH
5:00PM-7:45PM

\$10.00 per child (Limited Spots)

Parent Must Sign-In & Out
Child at our Little Theatre

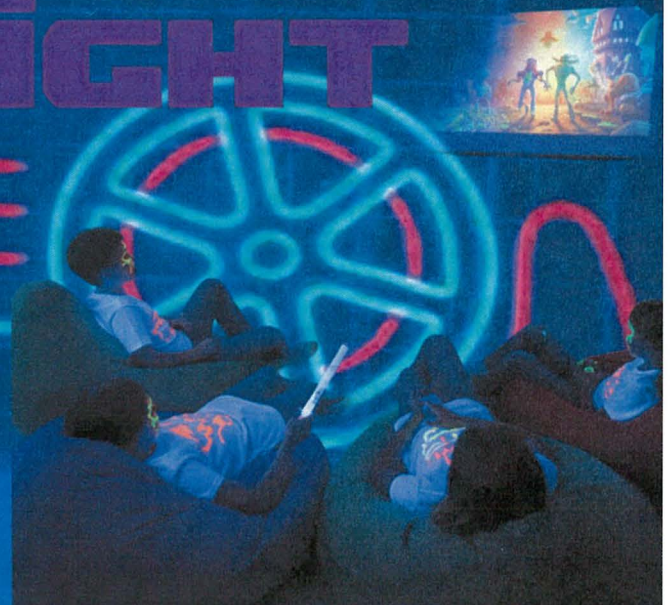
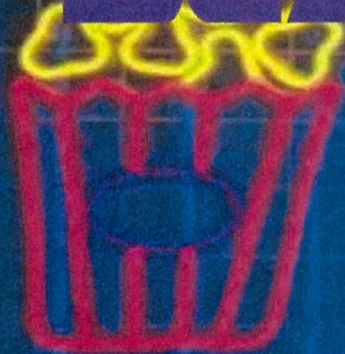
PRE-REGISTRATION ONLY! Deadline March 20

***Children encouraged to wear white or UV reflective clothing (Pre-Glow Up Activities 5pm Movie @ 6pm Child Pick-up between 7:30-7:45pm)**

BLACK LIGHT

MOVIE

NIGHT



Killingly School District April Vacation Programs Presented by KPRD

Monday April 13 – Earth Explorers

Join Ms. Emilee for a two hour outdoor adventure as we discover the sights, sounds, and smells of Spring. We will explore nature through a scavenger hunt, fun games, and a planting activity.



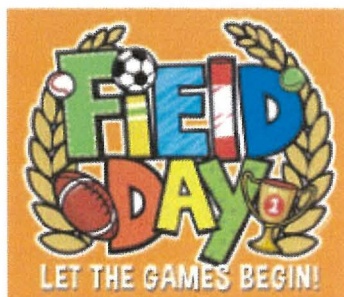
Location – OWEN BELL PARK

Time - 10:00am - 12:00pm

Cost—FREE (Grades K-4)

Thursday April 16 – Field Day—Fun Day

Join the KPRD Staff for a field day style fun day at Owen Bell Park with yard games, relay races, and MORE!



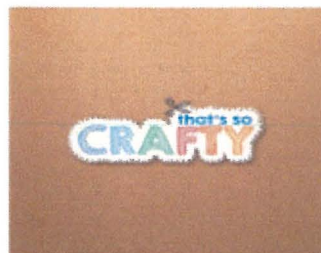
Location – OWEN BELL PARK

10:00 AM—12:00 PM

Cost - FREE

Tuesday April 14 – Make and Take Craft Day

Join the KPRD Staff in creating a fun craft that you will take home with you!



Location – KPRD

Cost – FREE

Grades 1-8



Wednesday April 15 – QR Code Grand Prize Hunt

Smart Phone Required!!

KPRD invites you to search the grounds at Owen Bell for hidden QR Codes with BIG Prizes!



Location – Owen Bell

Time – 10:00am-12:00pm

Friday April 17 – Owen Bell Pop-Up Disc Golf

We will be creating a 9 Hole Disc Golf Course on the grounds of Owen Bell Park. Come for fun or competitive round. We will have discs available and can help newcomers with tips on the game.

Location - Owen Bell Park

Time – 12:00pm Start

Open to all Grade Levels

Cost: FREE

Parent / Guardian Must Be Present for All April Vacation Activities



WINDHAM-TOLLAND 4-H CAMP
326 Taft Pond Rd Pomfret, CT 06259
www.4hcampct.org



PUT SOME FUN IN YOUR 2026 SUMMER!
June 21 to August 14, 2026

Windham-Tolland 4-H Camp, located in Pomfret Center, Connecticut, has provided summer camp experiences for thousands of youngsters for over 70 years. The camp has both overnight and day camp programs for boys and girls 6-15 years of age. The camp is located on 270 acres containing woodlands, cabins, recreation areas and scenic lakes. **The Windham-Tolland 4-H Camp maintains a state license and ACA accreditation.** Campers need not be 4-H members.

Our caring, camper-centered, college-aged is comprised of trained staff is devoted to providing a safe, educational, and fun experience and backed by full-time support from our professional leadership team and a Registered Nurse.

All campers have the opportunity to participate in a variety of programs each week including:

- Arts & Crafts
- Low and Mid High Ropes courses & Climbing wall
- Swimming
- Self-defense
- Fishing
- Sports
- Drama
- Dance
- Archery
- Outdoor Education
- Zip-line
- Canoeing & Kayaking
- Knitting

4-H Camp offers a variety of specialty programs also available on a weekly basis for an additional cost.

Wood Fiber Crafts, Horseback Riding, Farm camp and Cow camp

CAMP PRICING 2026

- Day Camp (ages 6-15)\$420 per week (Lunch & Snacks Included)
- Resident Camp (ages 9-15)\$650 per week
- Teen Leadership Program (ages 15-17)\$400 per week
- Overnight Clover Camp (ages 7-8)\$350 per session (3 Day, 2 Night Sessions)
- Family Camp (all ages).....\$60 per person

We follow all
 CDC, State &
 Local
 Guidelines

THEME WEEKS FOR 2026

- **Week 1 – June 21-June 26 – Winter Olympics Week**
- **Week 2 – June 28-July 3 – Decades Week**
- **Week 3 – July 5-10 – Carnival Week**
- **Week 4 – July 12-17 –Zoo Week**
- **Week 5 – July 19-24 – Pirates & Vikings Week**
- **Week 6 – July 26- July 31 –International Week**
- **Week 7 – August 2-7 –Puddles & Bubbles Week**
- **Week 8 – August 10-14 – Capture the Flag Week (Day Camp Only)**

Visit our **website** at **www.4hcampct.org** for Online Registration

E-mail us at registrar@4hcampct.org for a camp brochure or additional information or

Call the **Camp Registrar** at **(860) 974-3379**

CAMPERSHIPS AVAILABLE
 Call for application

OPEN HOUSES

Sunday, January 11 & Saturday, February 28
Sunday, March 15 & Saturday, April 18

Open House Times Vary Check Our Website for Details

EARLY BIRD DISCOUNTS
January 1-31

2025-2026

Yearbook

\$25.00

\$5.00 NAME ON YEARBOOK

YBPAY.COM

Yearbook ID:

13213026

order by May 1, 2026



email- mmcculloch@killinglyschools.org