

# Lunch Menu

## Killingly Good Year ECC

June 2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Chicken Tenders Oven Baked Fries Mixed Vegetables Diced Pear Cup	2 Grilled Cheese Sandwich Meltdown Café Tomato Soup Applesauce	3 Homemade Mac & Cheese Steamed Broccoli  <b>IT'S STUDENT APPRECIATION DAY</b>	4 Cinnamon French Toast Sticks Sausage Patty Strawberry Cup Syrup	5 Classic Cheese Pizza Garden Salad Pear and Pineapple Cup

**Alternate Lunch: Bagel Fun Lunch-** Yogurt, String Cheese, Cream Cheese, fresh fruit

8 Cheesy Stuffed Bread Sticks Tomato Sauce Green Beans	9 Cheeseburger Oven Baked Fries Baked Beans Sliced Oranges	10 Homemade Pasta & Meat Sauce Mixed Vegetables Whole Wheat Dinner Roll	11 American Combo Sandwich Fresh Apple Nacho Cheese Doritos	12 Classic Cheese Pizza Garden Salad Organic Applesauce
--	---	---	--	---

**Alternate Lunch: Bagel Fun Lunch-** Yogurt, String Cheese, Cream Cheese, fresh fruit

15 Turkey & Cheese Sandwich Caesar Salad Diced Pear Cup Heartzel Pretzels	16 Ham & Cheese Sandwich Garden Salad Goldfish Crackers Fresh Apple	17 American Combo Sandwich Caesar Salad Strawberry Cup Goldfish Crackers		
--	--	---	--	--

SANDWICHES • VEGETABLES • FRUITS • MILK

## FREE SUMMER MEALS

**KIDS and TEENS 18 and Under**

For sites near you visit:  
[www.CTSummerMeals.org](http://www.CTSummerMeals.org)  
CALL 211  
TEXT THE WORD FOOD TO 304-304

Logos: EHC, USDA, CSDE, ACHE, CSDE, neighbors

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

Free Meals Served at Killingly High School  
Enter through the Student Parking Lot entrance  
Monday through Friday July 6th-July 31st  
Breakfast 8:30am-9:30am  
Lunch 11:15am-12:15pm  
**All meals must be consumed on site**

View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://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. If you have a food allergy, or intolerance, please notify us.

\*\*\*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: \$3.50  
Reduced: \$.40  
A la Carte Milk: \$.50

**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

Manage your Child's Account Online! Go to [www.whitsons.com](http://www.whitsons.com)

Logos: Vegetarian, Made With Natural Ingredients, P Pork, Smart Choice, Made With Organic Ingredients