

Killingly Intermediate Middle School

Welcome to our
Lunch Cafe

09/07/2026 - 09/11/2026

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday

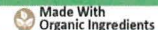
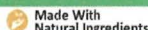
 		Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese Fiesta Corn Chicken & Cheese Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melty cheese Salsa	BBQ Chicken Flatbread Chicken with BBQ sauce and cheddar cheese in toasted flatbread 🍌 Caesar Salad	Chicken Lo Mein tender chicken sauteed with vegetables and lo mein noodles 🍌 Mixed Vegetables	Sloppy Joe on a Bun homemade sloppy joe served on a soft bun 🍌 Sweet Potato Fries
		Spicy Chicken Sandwich warm spicy chicken breaded cutlet prepared in-house 🌱	Jumpin Jack Burger Wrap burger topped with salsa and cheddar cheese wrapped in a tortilla 🍌	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella	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 🌱	Mushroom Pizza fresh pizza topped with mushrooms 🌱 🍌	BBQ Chicken Pizza fresh pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro 🍌	Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍌
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
		Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses 🌱 🍌	Fruity Granola Parfait Low fat vanilla yogurt layered with fruit and granola 🌱 🍌 🍌	Crispy Chicken Garden Salad fresh garden salad topped with baked crispy chicken and served with dinner roll(s) 🍌	Egg Salad Sandwich freshly made sandwich with house prepared egg salad 🌱
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





SCHOOL YEAR 2026-2027



FREE BREAKFAST FOR ALL

at

KILLINGLY
PUBLIC SCHOOLS



Students will be offered (1)
FREE breakfast each day.



Additional breakfast
will come at a cost.



Families that qualify for
reduced lunch will receive
FREE meals for school
year 2026-2027.



★ **HEALTHY CHOICES.**
Brighter Futures! ♥



Good Food. ♥
STRONGER TOGETHER.