

Lunch Menu

Killingly Good Year ECC

September
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
8/31: Chicken Tenders, Tater Tots and Green Beans	1 Chicken & Cheese Quesadilla Corn & Black Bean Salad Sour Cream	2 Chicken and Roasted Broccoli Mac & Cheese Diced Pear Cup	3 Cinnamon French Toast Sticks Crispy Turkey Sausage Links Hash Brown Potatoes Sauteed Cinnamon Apple Slices	4 Classic Cheese Pizza Garden Salad Light Ranch Dressing Applesauce
Alternate Lunch: Turkey and Cheese Sandwich- pretzel, apple				
7 	8 Cheeseburger Oven Baked Fries Peas and Carrots	9 Chicken Parm "Poppers" Over Pasta Steamed Broccoli Whole Wheat Dinner Roll	10 McGriddle Ham & Cheese Sandwich Hash Brown Potatoes Sliced Peaches	11 Classic Cheese Pizza Garden Salad Light Ranch Dressing
Alternate Lunch: Bagel Fun Lunch- yogurt, cream cheese, string cheese fruit				
14 Cheesy Stuffed Bread Sticks Tomato Sauce Dip Corn & Pepper Salad	15 Crispy Chicken Sandwich Sweet Potato Fries Green Bean Salad	16 Homemade Pasta & Meatballs Winter Vegetable Blend Whole Wheat Dinner Roll	17 Belgian Waffle with Caramelized Apples Hard-Boiled Egg Cup Syrup	18 Classic Cheese Pizza Garden Salad Light Ranch Dressing
Alternate Lunch: Grilled Cheese- pretzel, applesauce				
21 Chicken Bowl with Gravy Mixed Fruit	22 Chicken Caesar Wrap Pickle Chips Nacho Cheese Doritos	23 Homemade Mac & Cheese Steamed Broccoli Fresh Apple	24 Whole Grain Pancakes with Sausage Berry Cup	25 Classic Cheese Pizza Garden Salad Light Ranch Dressing
Alternate Lunch: SunButter and Jelly Sandwich- goldfish, fruit Early Release				
28 Mozzarella Stick & Chicken Nugget Combo Meal Fresh Broccoli Ranch Dressing	29 Soft Tacos Refried Beans Sweet Corn	30 Pasta with Meat Sauce Roasted Mixed Veggies Whole Wheat Dinner Roll	 	
Alternate Lunch: Egg Protein Pack- egg, sunbutter, pretzel, apple				



View this menu on the mobile app, FDMealPlanner, or on the web at 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 Prices

Paid Meals: \$3.50

Reduced Meals: FREE

A la Carte Milk: \$.50

All Student Lunches Include:

- Choice of 1% White Milk or Fat-Free Chocolate Milk
- A daily fruit choice, including apples, bananas, oranges or pears.

Questions or feedback? Please contact Amanda Newcomb at newcomba@whitsons.com.

