

Lunch Menu

Killingly Good Year ECC

October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

CT Grown for CT Kids Week

October 5-9, 2026 • K-5 Lunch Menu

"Grown Here. Served Here. Loved Here!"

Celebrating Connecticut farms and the fresh foods grown right in our state

1 Whole Grain Pancakes with Sausage Hash Brown Potatoes Syrup Strawberries

2 Classic Cheese Pizza Garden Salad Pear and Pineapple Cup

Alternate Lunch: Egg Protein Pack- egg, sunbutter, pretzel, apple

5 Cheesy Stuffed Bread Sticks Tomato Sauce Green Beans

6 Crispy Chicken Sandwich Oven Baked Fries Baked Beans Fresh Apple

7 Homemade Chicken & Broccoli Alfredo Whole Wheat Dinner Roll Fresh Pear

8 Bacon, Egg and Cheese Breakfast Sandwich Crispy Potato Puffs Fresh Melon Cup

9 Classic Cheese Pizza Garden Salad Applesauce

Apple Cobbler

Alternate Lunch: Nacho Fun Lunch- Salsa and Sour Cream, fresh fruit

National School Lunch Week STEP RIGHT UP!

The Greatest Lunch on Earth! Circus Week Menu October 13-16th

13 Big Top Cheeseburger Smile Fries Green Beans

14 Carnival Chicken Tenders Mashed Potatoes Baked Beans

15 Taco Spectacular Corn Shredded Lettuce and Tomato

16 Ringmaster's Pizza Party Caesar Salad Apples

Alternate Lunch: Sun Butter and Jelly- pretzel, string cheese, fresh fruit

19 Chicken Nugget & Mozzarella Stick Combo Cauliflower Pineapple Cup Tomato Sauce

20 Bacon Cheeseburger Oven Baked Fries Baked Beans

21 Homemade Pasta & Meatballs Steamed Broccoli Whole Wheat Dinner Roll

22 French Toast Crispy Turkey Sausage Links Crispy Potato Puffs Syrup Applesauce

23 Classic Cheese Pizza Garden Salad Diced Pear Cup

Alternate Lunch: Waffle Bites- string cheese, fresh fruit, syrup

Early Release

26 Grilled Cheese Sandwich Meltdown Café Tomato Soup Green Beans

27 Chicken Bowl with Gravy Mixed Vegetables

28 Homemade Mac & Cheese Steamed Broccoli Whole Wheat Dinner Roll

29 Whole Grain Waffles with Sausage Sliced Peaches Syrup

30 Classic Cheese Pizza Caesar Salad Fresh Apple

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



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.



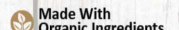
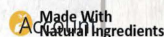
Lunch Price

Paid: \$3.50

Reduced: FREE

A la Carte Milk: \$.50

Manage your Child's



Online! Go to

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