



October 5 – 9, 2026

#### PRESCHOOL LUNCH

- Mary Morrisson: \$3.75
- Free/Reduced: \$0.00

Milk only: \$0.50

Staff Lunch: \$5.25



This institution is an equal opportunity provider. Menu subject to change based on product availability.

Questions? Contact Food Services at  
(860) 449-7208



# October 2026 Mary Morrisson Lunch

| Monday                                                                                                                                                                                                    | Tuesday                                                                                       | Wednesday                                                                                                               | Thursday                                                                                             | Friday                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Students are offered the five meal components: protein, grain, fruit, vegetable, and milk. Students must select at least three components, and one must be a fruit or vegetable, to make a complete meal. |                                                                                               | CT Grown for CT Kids Week<br>October 5–9<br>Celebrating CT farmers and the fresh ingredients in our school cafeterias!  | 10/1<br>French Toast Sticks, Turkey Sausage Patty, Local Syrup Hash Brown Round<br>Fresh Fruit, Milk | 10/2<br>Mini Cheese Pizza<br>Chopped Caesar Salad, Apple Slices, Milk                                                                |
| 10/5<br>Cheese Stuffed Bosco Sticks, Marinara, Green Beans, Milk                                                                                                                                          | 10/6 – Early Dismissal<br><br>Chicken Nuggets w/ Choice of Dip, Smile Fries, Applesauce, Milk | 10/7<br>Tacos! Local Beef from Broad Brook Acres (Preston, CT), Shredded Cheese, Lettuce, Steamed Corn Applesauce, Milk | 10/8<br>Grilled Cheese Sandwich<br>Tater Tots, Fruit, Milk                                           | 10/9<br>Mini Cheese Pizza<br>Chopped Caesar Salad using local lettuce from The Daily Market Farm (Waterford, CT), Apple Slices, Milk |
| 10/12<br><br>No School!                                                                                                                                                                                   | 10/13<br>Cheese Quesadilla<br>Steamed Corn, Applesauce, Milk                                  | 10/14<br>Pasta with Meat Sauce, Green Beans, Applesauce, Milk                                                           | 10/15<br>Breaded Chicken Patty on a Soft Bun, Pasta Salad, Fruit, Milk                               | 10/16<br>Mini Cheese Pizza<br>Chopped Caesar Salad, Apple Slices, Milk                                                               |
| 10/19<br>Chicken Nuggets w/ BBQ or Ranch Dip<br>Smiley Fries, Fruit, Milk                                                                                                                                 | 10/20<br>Creamy Mac & Cheese<br>Roasted Broccoli<br>Diced Pears, Milk                         | 10/21<br>Orange Chicken<br>Mixed Vegetables, Fruit, Milk                                                                | 10/22<br>French Toast Sticks, Syrup<br>Hash Brown Round<br>Fresh Fruit, Milk                         | 10/23<br>Mini Cheese Pizza<br>Chopped Caesar Salad, Apple Slices, Milk                                                               |
| 10/26<br>Hamburger or Cheeseburger<br>French Fries, Applesauce, Milk                                                                                                                                      | 10/27<br>Breaded Cheese Bites<br>Marinara, Applesauce, Milk                                   | 10/28 – Early Dismissal<br>Warm Ham & Melted Cheese on a Croissant, Tater Tots Applesauce, Milk                         | 10/29 – Early Dismissal<br>Turkey & Cheese on Roll<br>Cucumber Sticks w/ Ranch<br>Fruit, Milk        | 10/30 – Early Dismissal<br>Mini Cheese Pizza<br>Chopped Caesar Salad, Apple Slices, Milk                                             |