



October 5 – 9, 2026

October 2026 Elementary Lunch

ELEMENTARY LUNCH

- Charles Barnum: \$3.75
- Northeast Academy: \$3.75
- Free/Reduced: \$0.00

CEP Schools: FREE for all students

- Catherine Kolnaski: \$0.00
- Mystic River Magnet: \$0.00
- Thames River Magnet: \$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



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 October 5–9 Celebrating CT farmers and the fresh ingredients in our school cafeterias!	10/1 French Toast Sticks, Sausage Patty, Hash Brown Assorted Veggies, Fruit, Milk	10/2 Assorted Pizza 100% Juice Frozen Treat Caesar Salad, Milk
10/5 Cheese Stuffed Bosco Sticks, Marinara, Local Salad with Maple Lane Farm Lettuce (Preston, CT), Fruit, Milk	10/6 – Early Dismissal Ham & Cheese on Roll, Chips, Assorted Veggies from Full Heart Farm (Ledyard, CT), Fruit, Milk	10/7 Nacho Day! Seasoned Local Beef (Broad Brook Acres, Preston, CT), Cheese Sauce, Chips, Rice, Salsa, SC, Lettuce, Tomato, Fruit, Milk	10/8 Chicken Alfredo Local Roasted Squash from Whittle's Farm (Mystic, CT) Dinner Roll, Milk	10/9 Assorted Pizza Assorted Fruit, Local Salad using lettuce from The Daily Market Farm (Waterford, CT), Milk
10/12 No School!	10/13 All Beef Hot Dog on Wheat Bun, Baked Beans, Chips, Assorted Veggies, Fruit, Milk	10/14 Pasta Day! Buttered pasta or pasta with meat sauce, Parmesan Cheese, Garlic Bread, Veggie, Fruit, Milk	10/15 Breaded Chicken Patty on a Soft Bun, Pasta Salad, Assorted Veggies, Fruit, Milk	10/16 Assorted Pizza 100% Juice Frozen Treat Caesar Salad, Milk
10/19 Chicken Nuggets w/ BBQ or Ranch Dip Smiley Fries, Garlic Knot Assorted Veggies, Fruit, Milk	10/20 Grilled Cheese Sandwich Culey Fries House Made Coleslaw Assorted Veggies, Fruit, Milk	10/21 Nacho Day! Seasoned Beef, Warm Cheese Sauce, Tortilla Chips, Fiesta Rice, Salsa, SC, Lettuce, Tomato, Fruit, Milk	10/22 French Toast Sticks, Sausage Patty, Hash Brown Assorted Veggies, Fruit, Milk	10/23 Assorted Pizza Assorted Fruit, Caesar Salad, Milk
10/26 Hamburger or Cheeseburger Scratch Made Pickles French Fries, Assorted Veggies, Fruit, Milk	10/27 Orange Chicken Fried Rice, Mixed Vegetables Fortune Cookie, Fruit, Milk	10/28 – Early Dismissal Warm Ham Melted Cheese on a Croissant, Tater Tots Assorted Veggies, Fruit, Milk	10/29 – Early Dismissal Turkey & Cheese on Roll Chips, Veggies, Fruit, Milk	10/30 – Early Dismissal Assorted Pizza Assorted Fruit, Caesar Salad, Milk