

October 2026

Lunch Meal Prices

Reduced: FREE

Full Pay: \$3.75

Online Payments



MIDDLE SCHOOL GLUTEN FREE LUNCH



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Farm to School Spotlight

Rogers Orchards
EST. 1809 • CONNECTICUT



Menu is subject to change.

Please inform food service staff of any allergies before ordering.

This institution is an equal opportunity provider.

To contact Food Services - Call 860-628-3286 x21221 or
nmaxellon@southingtonschools.org
Nicole Maxellon, Food Service Director

CT GROWN FOR
CT KIDS WEEK



5

GF Cheese Quesadilla
Steamed Corn
Salsa, Sour Cream

6

GF Panackes
Chicken Sausage Patties
Hash Brown
Local Maple Syrup

7

All Beef Hot Dog on a
GF Bun
Potato Wedges
Locally Grown Garlic
Roasted Carrots*

1

Grilled Chicken
Sandwich on a GF Bun
Fun Size Chips
Cucumber & Tomato
Salad*

2

GF Cheese Pizza
Caesar Salad*
(no croutons)

NEW

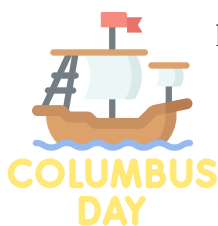
8

GF Chicken Tenders
with Sweet and Sour
Sauce
Brown Rice
Stir Fry Veggies

9

GF Cheese Pizza
Caesar Salad*
(no croutons)

12



13

GF Pancakes
Local Maple Syrup
Pork Sausage Links
Zee Zee Applesauce

14

GF Chicken Tenders
Cinnamon Sweet
Potato Fries
Steamed Corn

15

Midway Baked Potato
Bar
(Cheddar Cheese, Bacon Bits
and Sour Cream)
Steamed Broccoli
GF Bread Slice

16

GF Cheese Pizza
Garden Salad with
Ranch Dressing*

19

Chicken Nachos
Seasoned Black Beans
Cheddar Cheese, Salsa,
Sour Cream

20

GF Cinnamon Bun
Pork Sausage Link
Tater Tots
Local Maple Syrup

Early Dismissal

21

Hamburger
Cheeseburger on a GF
Bun
Potato Wedges
Vegetarian Baked
Beans

22

Turkey and Cheese
Sandwich on GF Bread
Potato Wedges
"Pizza" Green Beans

23

GF Cheese Pizza or
Pepperoni Pizza
Garden Salad with
Ranch Dressing*

26

Ham and Cheese
Sandwich on GF Bread
Sweet Potato Fries
Italian Green Beans

27

GF Pancakes
Chicken Sausage Patties
Tater Tots
Local Maple Syrup

28

GF Pasta with Meat
Sauce
GF Bread Slice
Oven Roasted
Zucchini*

29

GF Chicken Tenders
Assorted Dipping Sauce
Brown Rice
Steamed Broccoli

30

GF Chicken Tenders
GF Bread Slice
"Candy Corn"
(Steamed Corn)
Eekkk! Sidekick

TRICK
OR
TREAT

Offered Daily: Rainbow Veggie Tray, Assorted Fresh and
Canned Fruit, Unflavored and Flavored Milk

*Fresh Produce Used