

**Alternate Lunch Options
Offered Daily:**

Hummus Box w/ Whole Grain
Flatbread and Assorted
Veggies

Yogurt Parfait w/
Homemade Granola

Chicken Caesar Salad

Or

Deli Bar

Choice of
Boar's Head
Turkey, Ham, Buffalo
Chicken

Cheese: American,
Provolone

Toppings: Lettuce, Tomato,
Pickles, Banana Peppers,
Jalapeno Peppers, Olives,
Mayo, Mustard, Hot Sauce

Lunch Pricing:

Free: Free

Reduced: Free

Paid Students: Hot Lunch \$4.05

Paid Students: Deli/Alternate \$4.55

Milk only: \$0.75

**All meals options are served with
a fruit, two veggies and a milk.
Choice of 1% white milk, non-fat
chocolate milk & non-fat
strawberry milk**

Region 15 Middle School Lunch Menu

October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

All salads are made with Hydroponic
Lettuce from H2o Farms in Guilford



Apples served all month are from Hidden
Gem Orchard in Southbury



**Breakfast is free
for all students**

Chicken Nuggets
Oven Baked Fries
Dinner Roll

Rainbow Fruit &
Veggie Tray

Assorted Pizza
Mixed Green Salad

Rainbow Fruit & Veggie
Tray

5

6

7

8

9

Please see the special menu for CT Grown for CT Kids week

12

**No School
Columbus Day/
Indigenous People Day**



13

Mini Waffles w/
Turkey Sausage

Rainbow Fruit &
Veggie Tray

14

Chicken Tenders
Oven Baked Fries
Dinner Roll

Rainbow Fruit &
Veggie Tray

15

Assorted Pizza
Mixed Green Salad

Rainbow Fruit & Veggie
Tray

16

**No School
Professional
Development Day**

19

Mozzarella Sticks
w/ Marinara Sauce

Rainbow Fruit and
Veggie Tray

20

Orange Chicken w/
Brown Rice

Rainbow Fruit and
Veggie Tray

21

Mini Cheese Ravioli
Cheesy Garlic
Breadstick

Rainbow Fruit and
Veggie Tray

22

Chicken Patty on
Whole Grain Bun
Oven Baked Fries

Rainbow Fruit &
Veggie Tray

23

Assorted Pizza
Mixed Green Salad

Rainbow Fruit & Veggie
Tray

26

Cheese Quesadilla w/
Salsa & Sour Cream

Rainbow Fruit and
Veggie Tray

27

Hot Dog on Whole
Grain Bun
Oven Baked Fries
Oven Baked Beans

Rainbow Fruit & Veggie
Tray

28

Grilled Cheese w/
Tomato Soup

Rainbow Fruit & Veggie
Tray

29

Popcorn Chicken w/
Dinner Roll
Oven Baked Fries

Rainbow Fruit &
Veggie Tray

30

Assorted Pizza
Mixed Green Salad
Pumpkin Bread

Rainbow Fruit & Veggie
Tray