

Killingly Intermediate Middle School

Welcome to our
Lunch Cafe

10/19/2026 - 10/23/2026

MEATLESS
MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



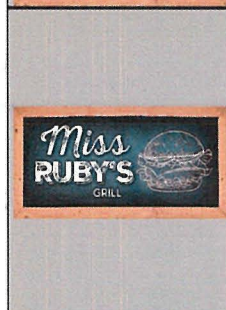
Tot Spot's Loaded
Tater Tots
crispy tater tots topped
with creamy cheese
sauce and bacon with a
sour cream and scallion
garnish 🍌 🌿

Incredibowls Fiesta
Turkey & Rice Bowl
seasoned rice topped
with beans, turkey, corn
and cheese 🍌 🌿
Nachos Grande 🌿
Salsa
Fiesta Corn

Sweet & Sour
Chicken Sauce & Toss
popcorn chicken in a
sweet & sour sauce 🍌
Brown Rice
Chilled Red Pepper
Strips
Green Pepper Slices

Homemade Pasta &
Meatballs
freshly baked meatballs
with tomato sauce over
pasta 🍌 🌿
Steamed Broccoli
Whole Wheat Dinner
Roll 🌿

Classic Cheese
Pizza
whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese 🌿
Baby Carrots
Fresh Apple



Tomato & Cheese
Griller Meltdown Café
hand crafted melted
cheese sandwich with
juicy fresh tomatoes
between bread grilled to
perfection 🌿 🍌

Spicy Chicken
Sandwich
warm spicy chicken
breaded cutlet prepared
in-house

Meatball Hero
freshly baked meatballs
mixed in a rich tomato
sauce inside a soft roll
topped with melted
mozzarella

Pizza Burger
burger topped with pizza
sauce, mozzarella
cheese and romaine
lettuce on a bun 🍌 🌿

Available Daily: Hamburgers, Cheeseburgers, Chicken Patties and Spicy Chicken Sandwiches. Turkey Burgers, & Veggie



Bianco Pizza
pizza dough brushed with
garlic and oil, topped with
basil and mozzarella and
ricotta cheeses 🌿 🍌

Homemade Meatball
Calzone
fresh dough lightly
brushed with garlic and
oil sauce made from
scratch, rolled with low
fat seasoned ricotta and
mozzarella cheeses,
meatball slices, basil and
oregano 🍌

French Bread Pizza
toasted French bread
topped with pizza sauce
and melted cheese 🌿

Bacon Pizza
pizza dough topped with
tomato sauce, cheese
and crispy bacon 🍌 🌿

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Simply Boxed Pretzel
Energy Box
freshly prepared on the
go pretzel, cheese stick
and fruit mix 🌿 🍌 🍌

Chicken Caesar
Wrap
freshly made tortilla wrap
filled with sliced chicken,
crisp lettuce, and cheese
topped with low-fat
Caesar dressing 🍌 🌿

Chicken Salad with
Dinner Rolls
chicken breast, lettuce,
juliened carrots, sliced
tomatoes and
cucumbers 🍌 🌿

Crispy Chicken
Garden Salad
fresh garden salad
topped with baked crispy
chicken and served with
dinner roll(s) 🍌 🌿

Available Daily: Assorted Entree Salad. Assorted Deli Subs and Wraps all with your choice of fruit and milk.



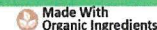
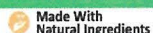
Available Daily on Our Salad Bars:
Mixed Dark Leafy Greens, Tomatoes, Cucumbers, Carrots, Broccoli Florets,
Cauliflower Florets, Beans, Corn Niblets, Hummus, Dinner Rolls, Local Apples,
Oranges, Bananas and a variety of canned fruit.



Check out our mobile menu at
www.FDMealPlanner.com or download
FD MealPlanner free of charge, from
the App Store or Google Play, and
view your menu on your mobile device
anywhere.

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. * 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.

WHITSON'S FAMILY OF COMPANIES WWW.WHITSONS.COM



Killingly Intermediate School



RICK RAMTHUN, ATHLETIC DIRECTOR
1599 Upper Maple Street
Killingly, CT 06241
(860) 779-6700

KIS Sports Information Winter 2026-27

To be eligible to participate in a winter sport, ALL athletes must be registered on FinalForms and have a current/up to date physical uploaded (Only good 13 months from date of physical exam). Both need to be done before being able to tryout.

If a current/up-to-date physical is not uploaded or an expired physical is uploaded the student will NOT be allowed to tryout or participate.

NO EXCEPTIONS CAN BE MADE FOR AN EXPIRED PHYSICAL.

FINALFORM REGISTRATION LINK <https://killingly-ct.finalforms.com/> - *Available Now!*

The deadline to sign-up for Winter sports to tryout the deadline to sign-up by is below

Sign-up deadline for Cheer is **MONDAY, OCTOBER 26th**

Sign-up deadline for Girls & Boys Basketball is **MONDAY, NOVEMBER 9th**

Sign-up deadline for Unified is **TUESDAY, DECEMBER 1st**

BOYS BASKETBALL: Head Coach – Judley Sanon (judleysanon@gmail.com) Tryouts begin November 30th 6-8pm in the KIS large gym. Open to 5th-8th graders.

GIRLS BASKEBALL: Head Coach – Laurie Evans (levans@killinglyschools.org) Tryouts begin November 30th 2:15-4:30pm in the KIS large gym. Open to 5th-8th graders.

CHEER: Head Coach – Elizabeth Petrangelo (epetrangelo@killinglyschools.org) Tryouts begin November 2nd 2:30-4pm in the KIS small gym. Open to 5th-8th graders.

UNIFIED SPORTS: Head Coach – Jason Heilig (jheilig@killinglyschools.org) First practice beginning of January in the KIS large gym. Students should listen for announcements in school as January nears.

High School Open Houses

2026

**KILLINGLY HIGH SCHOOL:
OCTOBER 15TH 2026
530-630PM**

**AGRICULTURAL PROGRAM:
NOVEMBER 12TH 2026
STARTING AT 6PM**

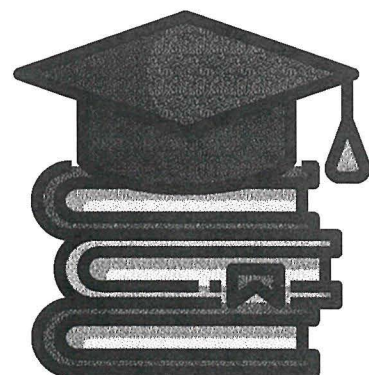
**ELLIS TECH:
OCTOBER 28TH 2026
STARTING AT 5PM**

**QUINEBAUG MIDDLE COLLEGE:
NOVEMBER 18TH 2026
6-730PM**

**ARTS AT CAPITOL THEATER COLLEGE
NOVEMBER 5TH 2026
STARTING AT 6PM**

**MARIANAPOLIS PREP:
NOVEMBER 1ST 2026
1-4PM**

**POMFRET PREP:
OCTOBER 12TH & NOVEMBER 7TH
2026
830-12PM**



High School Information

2026-2027

KILLINGLY HIGH SCHOOL AG PROGRAM

Application available on website now

Schedule shadow day

by emailing ntilton@killinglyschools.org

Submit application by December 11th

Interviews will be happen through January

Decision made in February

QUINEBAUG MIDDLE COLLEGE (QMC):

Application available on website now

Schedule shadow day through website

Submit application by February 26th

Decision made in March

ELIIS TECH:

Application opens on website Nov 15th

Application available on website

Submit application by January 25th

No shadowing days available- go to OPEN HOUSE!

First decisions typically made by February

MARIANAPOLIS PREPARATORY SCHOOL:

Application available on website now

Submit application by January 25th

Schedule shadow day online

Rolling acceptance

ARTS AT CAPITOL THEATER (ACT):

Application available on website now

Schedule shadow day through website

Submit application by January 23rd

Decision made in March

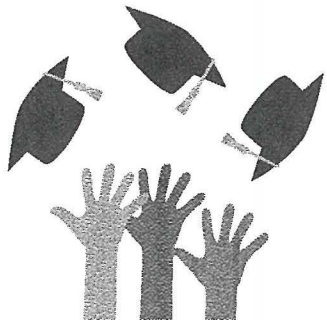
POMFRET PREPARATORY SCHOOL:

Application available on website now

Submit application by January 15th

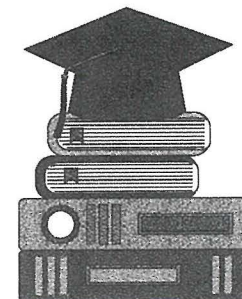
Shadowing available after acceptance

Rolling acceptance



***Remember to ask for
recommendation letters as
early as possible!**

***Email or call schools to
schedule shadowing days**

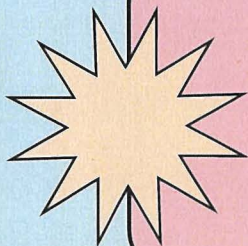


UNITED SERVICES, INC. PRESENTS:



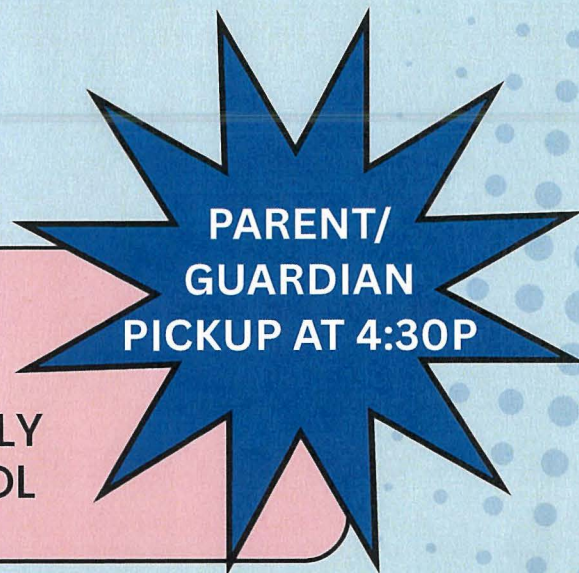
United Services, Inc.
Youth Service Bureau

SOCIAL RECREATION CLUB



OPEN TO:

STUDENTS OF KILLINGLY
INTERMEDIATE SCHOOL

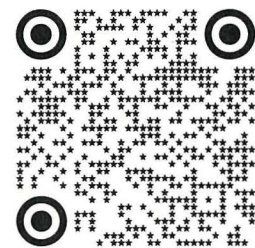


PARENT/
GUARDIAN
PICKUP AT 4:30P

WHEN:

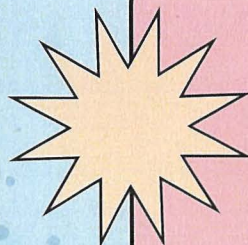
THURSDAYS -
AFTER SCHOOL

SCAN ME



FOR MORE INFORMATION:

Julia Knight
United Services, Inc.
860-457-4753
jknight@usmhs.org



WHERE:

UNITED SERVICES, INC.
303 PUTNAM RD.
WAUREGAN, CT 06387

This group is sponsored by USI Youth Service Bereau serving the towns of: Killingly, Brooklyn, Plainfield, Canterbury, Eastford, and Sterling



Sponsored
by New York
Pizza CO!

KPRD Fall Coloring Contest!

Open to kids in the following age groups:
Ages 5 & under ~ Ages 6-10 ~ Ages 11-15

1. Pick up your coloring sheet from KPRD, the library, or print it off at home!
2. Color it with any art materials you want!
Crayons, markers, paint, glitter, watercolor, etc.
3. Submit your final masterpiece by dropping it off at Killingly Library, the Community Center at 185 Broad Street or email it to : parks&rec@killinglyct.gov

Start Date :
September 8th

Last day to submit:
November 16th

