

# NOVEMBER 2020

## Thompson Public Schools "FREE" Breakfast Menu

### MONDAY

2

ES/MS/HS  
Cinnamon Bun

### TUESDAY

3

ES/MS/HS  
Mini Maple Pancakes

### WEDNESDAY

4

HALF DAY  
MS/HS  
Breakfast Pizza

ES  
Cinnamon Toast Crunch  
Cereal

### THURSDAY

5

MS/HS  
Ham/Egg/Cheese  
Croissant

ES  
Buttery Maple Waffles

### FRIDAY

6

HALF DAY  
ES/MS/HS  
Pop-Tart  
Cheddar Cheese Cubes

9

ES/MS/HS  
Cinnamon Bun

10

ES/MS/HS  
Buttery Maple Waffles

NO SCHOOL

11

"VETERAN'S DAY"

12

MS/HS  
Bacon/Egg/Cheese  
Wrap

ES  
Mini Maple Pancakes

13

HALF DAY  
ES/MS/HS  
Pop-Tart  
Cheddar Cheese Cubes

16

ES/MS/HS  
Cinnamon Bun

17

ES/MS/HS  
Mini Maple Pancakes

18

MS/HS  
Breakfast Pizza

ES  
Cinnamon Toast Crunch  
Cereal

19

MS/HS  
Sausage/Egg/Cheese  
English Muffin

ES  
Buttery Maple Waffles

20

HALF DAY  
ES/MS/HS  
Pop-Tart  
Cheddar Cheese Cubes

23

ES/MS/HS  
Cinnamon Bun

24

ES/MS/HS  
Buttery Maple Waffles

NO SCHOOL

25

THANKSGIVING  
RECESS

NO SCHOOL

26

THANKSGIVING  
RECESS

NO SCHOOL

27

THANKSGIVING  
RECESS

30

ES/MS/HS  
Cinnamon Bun

## DID YOU KNOW?

Throughout much of history, November has often been thought of as a somber month because it signaled the start of winter. People would spend the month storing up their harvest and preparing their food and homes in order to survive the winter.

## Sides

### "Served Daily w/Breakfast"

Fresh/Dried Fruit  
100% Fruit Juice  
1% Low Fat White Milk

### "BENEFITS" of BREAKFAST in the CLASSROOM

#### INCREASED

Standardized Test Scores  
Concentration  
Alertness ~ Memory  
Comprehension ~ Learning  
Cognitive Function  
Attention ~ Participation  
Student Nutrition  
Sense of Community

#### DECREASED

Tardiness ~ Stigma  
Behavioral Issues  
Absenteeism

## School Info

<https://district.thompsonk12.org>

### FOOD SERVICE DEPARTMENT

(860) 923-9581

Director: Lisa Durand, x588

[ldurand@thompsonpublicschools.org](mailto:ldurand@thompsonpublicschools.org)

Asst. Manager: Chris Murphy, x587

[cmurphy@thompsonpublicschools.org](mailto:cmurphy@thompsonpublicschools.org)

### FREE MEALS/CURBSIDE PICK-UP (BREAKFAST & LUNCH)

Available to "ALL" Children 0-18  
M-F (12:00-1:00pm)  
Thompson Middle School "Entrance"  
(Main Lobby)

(Lactaid Available Upon Request)

If your child has a special dietary need,  
please call the Director for more  
information on meal substitutions.  
(MENU SUBJECT TO CHANGE)