

September 2021

Thompson Public Schools (Gr. 5-12)

<http://district.thompsonk12.org/departments/nutrition>

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

There are more pop and classic songs with "September" in the title than any other month!

6

NO SCHOOL

LABOR DAY

13

Cubano Burger/Bun
w/Ham/Swiss/Pickle
Or Pizza
(Veggie/Butternut Squash)

BREAKFAST
Bagel
Cinnamon Roll
WG Cereal

20

Beef "Chili" Dog/Bun
Or Pizza
(Veggie/Butternut Squash)

BREAKFAST
Bagel
Cinnamon Roll
WG Cereal

27

"Bacon" Cheeseburger
w/Lettuce/Tomato/Pickle
or Pizza
(Veggie/Butternut Squash)

BREAKFAST
Bagel
Cinnamon Roll
WG Cereal

7

Chicken Filet/Bun
(Lettuce & Tomato)
Or Pizza
(Veggie/Broccoli)

BREAKFAST
Pancakes
Yogurt w/Grahams
WG Cereal

14

Fish Patty/Bun
(Lettuce & Tomato)
Or Pizza
(Veggie/Broccoli)

BREAKFAST
Pancakes
Yogurt w/Grahams
WG Cereal

21

Chicken Filet/Bun
(Lettuce & Tomato)
Or Pizza
(Veggie/Broccoli)

BREAKFAST
Pancakes
Yogurt w/Grahams
WG Cereal

28

Fish Patty/Bun
(Lettuce & Tomato)
Or Pizza
(Veggie/Broccoli)

BREAKFAST
Pancakes
Yogurt w/Grahams
WG Cereal

1

Beefy Mac 'N Cheese
Dinner Roll
Or Pizza
(Veggie/Broccoli)

BREAKFAST
Apple Frudel
Lemon-Blueberry Bar
WG Cereal

8

Chicken Quesadilla
w/Salsa & Sour Cream
Or Pizza
(Veggie/Baked Beans)

BREAKFAST
Ham/Egg/Cheese English Muffin
Lemon-Blueberry Bar
WG Cereal

15

"Sloppy Joe" Potato Bowl
Breadstick
Or Pizza
(Veggie/Baked Beans)

BREAKFAST
Ham/Egg/Cheese English Muffin
Lemon-Blueberry Bar
WG Cereal

22

Beef Nachos
(Lettuce & Cheese)
Or Pizza
(Veggie/Baked Beans)

BREAKFAST
Ham/Egg/Cheese English Muffin
Lemon-Blueberry Bar
WG Cereal

29

Carolina BBQ Sliders
w/Cheese Sauce
Or Pizza
(Veggie/Baked Beans)

BREAKFAST
Ham/Egg/Cheese English Muffin
Lemon-Blueberry Bar
WG Cereal

2

Popcorn Chicken
(Plain **or** Zesty/Orange)
Steamed Rice
Or Pizza
(Veggie/Squash)

BREAKFAST
Chocolate Chip Muffin
Bagel
WG Cereal

9

Early Release
Tuna Salad Bulkie
Or Turkey Bulkie
(Bulkies w/Lettuce/Tomato/Chips)
(Veggie/Cucumbers)

BREAKFAST
WG Pop-Tart w/Yogurt
WG Cereal

16

Chicken Tenders
Steamed Rice
Or Pizza
(Veggie/Squash)

BREAKFAST
Breakfast Pizza
Yogurt w/Grahams
WG Cereal

23

Popcorn Chicken
(Plain **or** Orange Zesty)
Steamed Rice
Or Pizza
(Veggie/Squash)

BREAKFAST
Breakfast Pizza
Yogurt w/Grahams
WG Cereal

30

Chicken Tenders
Steamed Rice
Or Pizza
(Veggie/Squash)

BREAKFAST
Breakfast Pizza
Yogurt w/Grahams
WG Cereal

3

Shepherd's Pie
Breadstick
Or Pizza
(Veggie/Carrots)

BREAKFAST
Glazed Donut
Cinnamon Roll
WG Cereal

10

Pasta & Meat Sauce
Breadstick
Or Pizza
(Veggie/Baked Fries)

BREAKFAST
French Toast Sticks
Cinnamon Roll
WG Cereal

17

Beef Chili
Breadstick
Or Pizza
(Veggie/Baked Fries)

BREAKFAST
French Toast Sticks
Cinnamon Roll
WG Cereal

24

Pasta & Meatballs
Breadstick
Or Pizza
(Veggie/Baked Fries)

BREAKFAST
French Toast Sticks
Cinnamon Roll
WG Cereal

"COLD LUNCH" (MAIN ITEMS)

(OFFERED WEEKLY)

Assorted Sandwiches

Deli Ham, Deli Turkey
Chicken, Egg & Tuna Salad
Peanut Butter & Jelly

"Simple" Salad w/Breadstick

Lettuce, Tomato, Cucumber
Carrot, Cheese, Egg
(Assorted Dressings Available)

Yogurt Parfait w/Granola

(Strawberry **or** Peach)
Offered with Muffin **or** Bagel

Chef Salad

w/Cinnamon, Apple-Cinnamon, **or**
Sweet Potato Roll

Milk Choices

1% Low Fat White Milk
Flat Free Flavored Milk
Chocolate, Strawberry

Assorted "Local" Fresh
Fruits/Vegetables

Assorted Pasta & Veggie Salads

Questions/Concerns?

Food Service Director

Lisa Durand
(860) 923-9581, x41181

ldurand@thompsonpublicschools.org

Food Service Manager

Christine Murphy
(860) 923-9581, x41182

cmurphy@thompsonpublicschools.org

ATTENTION LOCAL FARMERS!

If you are or know a local farmer that may have something we could utilize in our Food Service Program, please contact the Food Service Director!

MENU SUBJECT TO CHANGE