

# November 2021

## Thompson Public Schools (Grades PreK-12)

<http://www.thompsonk12.org/departments/nutrition> ~ ~ FREE MEALS for ALL STUDENTS!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BBQ Pulled Pork Sandwich Or Hamburger or Cheeseburger Or "Cold Lunch Option"</p> <p><b>1</b></p> <p>Hamburger or Cheeseburger/Bun (GF) Or Salad w/Muffin (GF)</p> <p>Cheese Pizza or Veggie Grinder (VEG)</p> <p>(Baked Beans)</p>	<p>Shepherd's Pie w/Texas Toast Or Pizza (Plain ~ Pepperoni) Or "Cold Lunch Option"</p> <p><b>2</b></p> <p>Pizza (Plain or Pepperoni) (GF) Or Salad w/Muffin (GF)</p> <p>Chili w/Red Beans &amp; Blueberry Bread (VEG)</p> <p>(Mashed Potato/Corn)</p>	<p><b>EARLY RELEASE DAY</b> Deli Turkey Grinder Or Deli Tuna Grinder (Lettuce/Tomato/Cheese)</p> <p><b>3</b></p> <p>Deli Turkey Sandwich (GF) Deli Tuna Sandwich (GF)</p> <p>Tuna Grinder (VEG)</p> <p>(Baby Carrots w/Ranch)</p>	<p><b>Early Release (ES Only)</b> Deli Ham Grinder or Yogurt Lunch (Fruit/Veggie/Milk)</p> <p><b>4</b></p> <p><b>MS/HS LUNCH</b> Chicken Patty/Bun or Hot Pastrami Grinder</p> <p>Chicken Tenders (GF) or Hot Pastrami Sandwich (GF)</p> <p>Chili w/Red Beans &amp; Blueberry Bread (VEG)</p> <p>(Green Beans)</p>	<p>"LOCAL"</p> <p>"Thompson House of Pizza" (Cheese Pizza) Or "Cold Lunch Option"</p> <p><b>5</b></p> <p>Pizza (Plain ~ Pepperoni) (GF) Or Salad w/Muffin (GF)</p> <p>Pizza or Veggie Grinder (VEG)</p> <p>(Broccoli)</p>
<p>"Baked Potato" w/Banana Bread (Chili &amp; Cheese) Or Hot Dog/Bun Or "Cold Lunch Option"</p> <p><b>8</b></p> <p>Baked Potato w/Bread (Chili/Cheese Sauce) (GF) Or Hot Dog/Bun (GF)</p> <p>Baked Potato w/Veggie Chili/Cheese Sauce (VEG)</p> <p>(Baked Beans)</p>	<p>Ground Beef &amp; Gravy w/Blueberry Bread Or Pizza (Plain ~ Pepperoni) Or "Cold Lunch Option"</p> <p><b>9</b></p> <p>Pizza (Plain or Pepperoni) (GF) Or Salad w/Muffin (GF)</p> <p>Chili w/Red Beans &amp; Blueberry Bread (VEG)</p> <p>(Mashed Potato/Corn)</p>	<p>Chicken Broccoli Alfredo Dinner Roll/Butter Or Chicken Patty/Bun Or "Cold Lunch Option"</p> <p><b>10</b></p> <p>Pizza (Plain ~ Pepperoni) (GF) Or Salad w/Muffin (GF)</p> <p>Cheese-Stuffed Shells w/Marinara (VEG)</p> <p>(Carrots)</p>	<p><b>11</b></p> <p>Professional Development Day</p> <p><b>NO SCHOOL</b></p>	<p>"LOCAL"</p> <p>"Thompson House of Pizza" (Cheese Pizza) Or "Cold Lunch Option"</p> <p><b>12</b></p> <p>Pizza (Plain ~ Pepperoni) (GF) Or Salad w/Muffin (GF)</p> <p>Veggie Grinder (VEG)</p> <p>(Broccoli)</p>
<p>Hot Pastrami Grinder (Lettuce/Tomato/Cheese/Chips) Or Hot Dog/Bun Or "Cold Lunch Option"</p> <p><b>15</b></p> <p>Hot Italian Sandwich (GF) Or Hot Dog/Bun (GF)</p> <p>Veggie Grinder (VEG)</p> <p>(Baked Beans)</p>	<p>"Totchos" w/Blueberry Bread (Beef Taco over Fries) (w/Queso Blanco Sauce &amp; Salsa) Or Pizza (Plain ~ Pepperoni) Or "Cold Lunch Option"</p> <p><b>16</b></p> <p>Pizza (Plain or Pepperoni) (GF) Or Salad w/Muffin (GF)</p> <p>Chili w/Red Beans &amp; Blueberry Bread (VEG)</p> <p>(Oven-Baked Fries)</p>	<p>Chicken Fajita Wrap Peppers/Onions/Cheese/Salsa Or Chicken Patty/Bun Or "Cold Lunch Option"</p> <p><b>17</b></p> <p>Pizza (Plain ~ Pepperoni) (GF) Or Salad w/Muffin (GF)</p> <p>Lasagna Roll-Up w/Marinara (VEG)</p> <p>(Carrots)</p>	<p>Cheesy Taco Fries w/Blueberry Bread Or Chicken Nuggets/Dinner roll/Butter Or "Cold Lunch Option"</p> <p><b>18</b></p> <p>Chicken Tenders w/Bread Slice (GF) Or Salad w/Muffin (GF)</p> <p>Chili w/Red Beans &amp; Banana Bread (VEG)</p> <p>(Green Beans)</p>	<p>"LOCAL"</p> <p>"Thompson House of Pizza" (Cheese Pizza) Or "Cold Lunch Option"</p> <p><b>19</b></p> <p>Pizza (Plain ~ Pepperoni) (GF) Or Salad w/Muffin (GF)</p> <p>Veggie Grinder (VEG)</p> <p>(Broccoli)</p>
<p>Meatball Grinder (Peppers/Onions/Cheese) Or Chicken Patty/Bun Or "Cold Lunch Option"</p> <p><b>22</b></p> <p>Meatball Grinder (GF) Or Salad w/Muffin (GF)</p> <p>Veggie Grinder (VEG)</p> <p>(Baked Beans)</p>	<p>Roasted Turkey &amp; Gravy w/Blueberry Bread Or Pizza (Plain ~ Pepperoni) Or "Cold Lunch Option"</p> <p><b>23</b></p> <p>Pizza (Plain ~ Pepperoni) (GF) Or Salad w/Muffin (GF)</p> <p>Chili w/Red Beans &amp; Blueberry Bread (VEG)</p> <p>(Mashed Potato/Corn)</p>	<p><b>24</b></p> <p>Thanksgiving Recess</p> <p><b>NO SCHOOL</b></p>	<p><b>25</b></p> <p>Thanksgiving Recess</p> <p><b>NO SCHOOL</b></p>	<p><b>26</b></p> <p>Thanksgiving Recess</p> <p><b>NO SCHOOL</b></p>
<p>Hot Italian Grinder (Lettuce/Tomato/Cheese/Chips) Or Hot Dog/Bun Or "Cold Lunch Option"</p> <p><b>29</b></p> <p>Hot Italian Sandwich (GF) Or Hot Dog/Bun (GF)</p> <p>Veggie Grinder (VEG)</p> <p>(Baked Beans)</p>	<p>Beef Burrito (Salsa &amp; Sour Cream) Or Pizza (Plain or Pepperoni) Or "Cold Lunch Option"</p> <p><b>30</b></p> <p>Pizza (Plain ~ Pepperoni) (GF) Or Salad w/Muffin (GF)</p> <p>Chili w/Red Beans &amp; Blueberry Bread (VEG)</p> <p>(Oven-Baked Fries)</p>	<p><i>Did you know?</i></p> <p>Elections are held in the United States on the Tuesday after the first Monday in November.</p>		

### "The 5 Meal Components"

You Pick at least 3!

- Vegetables & Salads
- Fruit
- Milk
- Grain or Bread
- Meat or Meat Alternate

### REMEMBER

1 of your picks must be at least 1/2 cup of Fruit or Vegetable.

### GLUTEN-FREE OPTIONS (GF)

Pre-Order @ (860) 923-9581, x41182  
[cmurphy@thompsonpublicschools.org](mailto:cmurphy@thompsonpublicschools.org)  
 (Medical Statement Required for Meal Modifications)  
 (Example: Gluten-Free, Dairy-Free)  
 Please contact Food Service Director w/Questions @ (860) 923-9581, x41181

### VEGETARIAN OPTIONS (VEG)

### "COLD LUNCH OPTIONS"

Middle & High School Options

Chef Salads ~ Sandwiches

"Simple Salad" w/Muffin or Cinnamon Roll (Lettuce/Tomato/Cuke/Egg/Cheese/Dressing)

Fruit & Yogurt Parfaits (w/Bagel or Muffin)

### Elementary Cold Lunch Option

Yogurt & Muffin Meal  
 Or SunButter & Jelly Sandwich

### FREE BREAKFAST

(WG Cereal Offered Daily)

**Monday**

Pancakes ~ Banana Bread

**Tuesday**

Breakfast Pizza ~ Blueberry-Lemon Bar

**Wednesday**

Egg Sandwich ~ Pop-Tart w/Yogurt

**Thursday**

Breakfast Pizza ~ Grahams w/Yogurt

**Friday**

Bagel ~ Cinnamon Roll

Questions/Concerns?  
 Food Service Director/Lisa Durand (860) 923-9581, X41181  
[ldurand@thompsonpublicschools.org](mailto:ldurand@thompsonpublicschools.org)  
 Manager: Christine Murphy (860) 923-9581, x41182  
[cmurphy@thompsonpublicschools.org](mailto:cmurphy@thompsonpublicschools.org)

MENU SUBJECT TO CHANGE