

JANUARY 2022

THOMPSON PUBLIC SCHOOLS (Grades Pre-K - 4)

FREE MEALS FOR ALL STUDENTS!

Monday

3

Professional Development Day

NO SCHOOL

Tuesday

4

Hamburger/Bun (GF)
Or Cheeseburger/Bun (GF)

(Baked Beans) (GF)

BREAKFAST

Manager's Choice

Wednesday

5

Meatballs & Mashed Potato Bowl w/Beef Gravy (GF)
Breadstick

Or Cheese Pizza (GF)
(Corn) (GF)

BREAKFAST

Manager's Choice

Thursday

6

Hot Dog/Bun (GF)
Or Chicken Patty/Bun (GF)

(Broccoli) (GF)

BREAKFAST

Manager's Choice

Friday

7

"Local"
"Thompson House of Pizza"
Cheese Pizza (GF)

(Carrots) (GF)

BREAKFAST

Manager's Choice

MEAL COMPONENTS

"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.

Daily Milk Choices

FF Chocolate ~ FF Strawberry ~ 1% LF White

Fresh Fruits/Veggies Offered Daily

GLUTEN-FREE OPTIONS (GF)

Pre-Order @ (860) 923-9581, x41182

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

Gluten-Free Options coincide with menu

whenever possible

Examples:

Hamburger Day (GF Hamburger)

Pizza Day (GF Pizza)

"Local" WOODSTOCK APPLES OFFERED DAILY!

"Local" WOODSTOCK CREAMERY YOGURT!

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

<http://district.thompsonk12.org>

10
Mozzarella Stix w/Marinara
Buttered Noodles (GF)
Or Cheese Pizza (GF)

(Green Beans) (GF)

BREAKFAST

Bagel or Cereal

11
Chicken Nuggets (GF)
w/Fluffy Rice
Or Cheeseburger (GF)

(Baked Beans) (GF)

BREAKFAST

Breakfast Pizza or Cereal

12
EARLY RELEASE
Turkey/Cheese Sandwich (GF)
w/Chips (GF)
Carrots & Applesauce (GF)
Milk Choice

BREAKFAST

Cinnamon Bun or Cereal

13
Mac 'n Cheese
w/Warm Pretzel
Or Chicken Patty/Bun (GF)

(Broccoli) (GF)

BREAKFAST

Egg Sandwich or Cereal

14
"Local"
"Thompson House of Pizza"
Cheese Pizza (GF)

(Carrots) (GF)

BREAKFAST

Waffles or Cereal

17
Martin Luther King's
Birthday Observed

NO SCHOOL

18
Hamburger/Bun (GF)
Or Cheeseburger/Bun (GF)

(Baked Beans) (GF)

BREAKFAST

Breakfast Pizza or Cereal

19
Beef Stroganoff
w/Rotini & Cheesy Bread
Or Cheese Pizza (GF)

(Corn) (GF)

BREAKFAST

Cinnamon Bun or Cereal

20
(GF) Baked Potato Bar
w/Breadstick
Or Cheese Pizza (GF)

(Broccoli) (GF)

BREAKFAST

Egg Sandwich or Cereal

21
"Local"
"Thompson House of Pizza"
Cheese Pizza (GF)

(Carrots) (GF)

BREAKFAST

Waffles or Cereal

24
Mozzarella Stix w/Marinara
Buttered Noodles (GF)
Or Cheese Pizza (GF)

(Green Beans) (GF)

BREAKFAST

Bagel or Cereal

25
Chicken Nuggets (GF)
w/Fluffy Rice
Or Cheeseburger (GF)

(Baked Beans) (GF)

BREAKFAST

Breakfast Pizza or Cereal

26
Beef & Gravy
Mashed Potato Bowl (GF)
Cheesy Bread & Oatmeal Bar
Or Cheese Pizza (GF)

(Corn) (GF)

BREAKFAST

Cinnamon Bun or Cereal

27
BBQ Pulled Pork
& Mashed Potato Bowl
Garlic Breadstick
Or Cheese Pizza (GF)

(Broccoli) (GF)

BREAKFAST

Egg Sandwich or Cereal

28
"Local"
"Thompson House of Pizza"
Cheese Pizza (GF)

(Carrots) (GF)

BREAKFAST

Waffles or Cereal

31
Lasagna Roll-Up
w/Dinner roll
Or Cheese Pizza (GF)

(Green Beans) (GF)

BREAKFAST

Bagel or Cereal

DID YOU KNOW?

Saxons called January the "Wolf Month" because hungry wolves would come into their towns searching for food this time of year.