

JANUARY 2022

THOMPSON PUBLIC SCHOOLS (Grades 5-12)

FREE MEALS FOR ALL STUDENTS!

Monday

3

Professional Development Day

NO SCHOOL

10

Mozz. Stix & Marinara
Buttered Noodles (GF)
Or Cheese Pizza (GF)

(Green Beans) (GF)

BREAKFAST

Bagel **or** Cereal

17

Martin Luther King's Birthday Observed

NO SCHOOL

24

Mozz. Stix & Marinara
Buttered Noodles (GF)
Or Cheese Pizza (GF)

(Green Beans) (GF)

BREAKFAST

Bagel **or** Cereal

31

Chicken Philly Sub
(Peppers/Onions/Spicy Mayo)
Or Cheese Pizza (GF)

(Green Beans) (GF)

BREAKFAST

Bagel **or** Cereal

Tuesday

4

(GF) Buffalo Chicken Dip
(GF) Tortilla Chips
& Warm Pretzel
Or Cheeseburger (GF)
(Baked Beans) (GF)
BREAKFAST
Manager's Choice

11

Chicken Bruschetta
Pasta w/Dinner Roll
Or Cheeseburger (GF)

(Baked Beans) (GF)

BREAKFAST

Breakfast Pizza **or** Cereal

18

Chicken Philly Sub
(Peppers/Onions/Spicy Mayo)
Or Cheeseburger (GF)

(Baked Beans) (GF)

BREAKFAST

Breakfast Pizza **or** Cereal

25

Chipotle Chicken
Fajita Rice Bowl
Or Cheeseburger (GF)

(Baked Beans) (GF)

BREAKFAST

Breakfast Pizza **or** Cereal

Wednesday

5

Meatballs & Mashed Potato
(GF) Bowl & Breadstick
Or Cheese Pizza (GF)
(Corn) (GF)

BREAKFAST

Manager's Choice

12

EARLY RELEASE

Ham/Cheese Bulky (GF)
Or Turkey/Cheese Bulky (GF)
Chips (GF)

BREAKFAST

Cinnamon Bun **or** Cereal

19

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

(Corn) (GF)

BREAKFAST

Cinnamon Bun **or** Cereal

26

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

BREAKFAST

Cinnamon Bun **or** Cereal

Thursday

6

Hot Dog/Bun (GF)
(GF) Chili & Cheese
Or Chicken Patty/Bun (GF)

(Broccoli) (GF)

BREAKFAST

Manager's Choice

13

Beef Chili (GF)
w/Garlic Breadstick
Or Chicken Patty/Bun (GF)

(Broccoli) (GF)

BREAKFAST

Egg Sandwich **or** Cereal

20

"Chili & Cheese"
Baked Potato (GF)
w/Garlic Breadstick
Or Chicken Patty/Bun (GF)

(Broccoli) (GF)

BREAKFAST

Egg Sandwich **or** Cereal

27

BBQ Pulled Pork
& (GF) Mashed Potato Bowl
Garlic Breadstick
Or Chicken Patty/Bun (GF)
(Broccoli) (GF)

BREAKFAST

Egg Sandwich **or** Cereal

Friday

7

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

(Carrots) (GF)

BREAKFAST

Manager's Choice

14

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

(Carrots) (GF)

BREAKFAST

Waffles **or** Cereal

21

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

(Carrots) (GF)

BREAKFAST

Waffles **or** Cereal

28

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

(Carrots) (GF)

BREAKFAST

Waffles **or** Cereal

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)

Pizza Day (GF)

"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>

DID YOU KNOW?

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