

MAY 2022

Mary R. Fisher Elementary School (Pre-k – 4)

"FREE MEALS" for ALL STUDENTS!

MONDAY

Chicken Nuggets (GF) & Steamed Rice (GF) **2**
or
 Cheeseburger/WG Bun (GF)
 (Lettuce & Tomato) (GF)
 (Broccoli) (GF)

BREAKFAST
 Cinnamon Bun

Chicken Nuggets (GF) & Steamed Rice (GF) **9**
or
 Cheeseburger/WG Bun (GF)
 (Lettuce & Tomato) (GF)
 (Broccoli) (GF)

BREAKFAST
 Cinnamon Bun

Chicken Nuggets (GF) & Steamed Rice (GF) **16**
or
 Cheeseburger/WG Bun (GF)
 (Lettuce & Tomato) (GF)
 (Broccoli) (GF)

BREAKFAST
 Cinnamon Bun

Chicken Nuggets (GF) & Steamed Rice (GF) **23**
or
 Cheeseburger/WG Bun (GF)
 (Lettuce & Tomato) (GF)
 (Broccoli) (GF)

BREAKFAST
 Cinnamon Bun

30

**Memorial Day
 Observance**

NO SCHOOL

TUESDAY

Hot Dog/WG Roll (GF) **3**
or
 WG Pizza Slice (GF)
 (Plain **or** Pepperoni)
 (Oven-Baked Fries) (GF)

BREAKFAST
 Breakfast Pizza

Meatballs & Marinara (GF) **10**
 Mashed Potato Bowl (GF)
 w/WG Banana Bread
or
 WG Pizza Slice (GF)
 (Plain **or** Pepperoni)
 (Corn) (GF)

BREAKFAST
 Breakfast Pizza

BBQ Pulled Pork **17**
 Mashed Potato Bowl (GF)
 w/WG Blueberry Bread
or
 WG Pizza Slice (GF)
 (Plain **or** Pepperoni)
 (Corn) (GF)

BREAKFAST
 Breakfast Pizza

Turkey & Gravy **24**
 Mashed Potato Bowl (GF)
 w/WG Banana Bread
or
 WG Pizza Slice (GF)
 (Plain **or** Pepperoni)
 (Corn) (GF)

BREAKFAST
 Breakfast Pizza

Meatball Grinder (GF) **31**
 w/Shredded Mozzarella (GF)
or
 WG Pizza Slice (GF)
 (Plain **or** Pepperoni)
 (Oven-Baked Fries) (GF)

BREAKFAST
 Breakfast Pizza

WEDNESDAY

Pretzel & Cheese Sauce **4**
 w/Vanilla Yogurt Cup (GF)
or
 Chicken Patty/WG Bun (GF)

(Carrots) (GF)

BREAKFAST
 Egg Sandwich

Early Release Day **11**
 Turkey & Cheese Sand. (GF)
or
 SunButter & Jelly Sandwich
 (Frozen Treat ~ Chips) (GF)
 (Baby Carrots) (GF)

BREAKFAST
 Egg Sandwich (GF)

Pretzel & Cheese Sauce **18**
 w/Vanilla Yogurt Cup (GF)
or
 Chicken Patty/WG Bun (GF)

(Carrots) (GF)

Flatbread Pizza Kit **25**
 (Marinara/Mozz/Pepperoni)
or
 Chicken Patty/WG Bun (GF)

(Carrots)

BREAKFAST
 Egg Sandwich (GF)

THURSDAY

Sloppy Joe/WG Bun **5**
or
 WG Pizza Slice (GF)
 (Plain **or** Pepperoni)

(Baked Beans)

BREAKFAST
 Fresh-Baked Muffin (GF)

Taco Salad w/Chips (GF) **12**
 Shredded Cheddar (GF)
or
 WG Pizza Slice (GF)
 (Plain **or** Pepperoni)
 (Baked Beans)

BREAKFAST
 Fresh-Baked Muffin (GF)

Cheeseburg. Mac & Chs **19**
 & Dinner Roll
or
 WG Pizza Slice (GF)
 (Plain **or** Pepperoni)
 (Baked Beans)

BREAKFAST
 Fresh-Baked Muffin (GF)

Taco Salad w/Chips (GF) **26**
 Shredded Cheddar (GF)
or
 WG Pizza Slice (GF)
 (Plain **or** Pepperoni)
 (Baked Beans)

BREAKFAST
 Fresh-Baked Muffin (GF)

FRIDAY

WG Mozzarella Sticks **6**
 w/Marinara Sauce
or
 Cheeseburger/WG Bun (GF)
 (Lettuce & Tomato) (GF)
 (Green Beans) (GF)

BREAKFAST
 French Toast Sticks w/Syrup

WG Mozzarella Sticks **13**
 w/Marinara Sauce
or
 Cheeseburger/WG Bun (GF)
 (Lettuce & Tomato) (GF)
 (Green Beans) (GF)

BREAKFAST
 French Toast Sticks w/Syrup

WG Mozzarella Sticks **20**
 w/Marinara Sauce
or
 Cheeseburger/WG Bun (GF)
 (Lettuce & Tomato) (GF)
 (Green Beans) (GF)

BREAKFAST
 French Toast Sticks w/Syrup

WG Mozzarella Sticks **27**
 w/Marinara Sauce
or
 Cheeseburger/WG Bun (GF)
 (Lettuce & Tomato) (GF)
 (Green Beans) (GF)

BREAKFAST
 French Toast Sticks w/Syrup

MEAL COMPONENTS

"The 5 Meal Components"

You Pick at least 3!

Vegetables ~ Fruit ~ Grain/Bread
 Meat/Meat Alternate
 Milk
 (FF Choc. ~ FF Straw. ~ 1% LF White)

REMEMBER

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

Fruits/Veggies/Salads Offered Daily

GLUTEN-FREE OPTIONS (GF)

Pre-Order @ (860) 923-9581, x41180

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

Example: Pizza (GF)

Regular Pizza is "not" Gluten-Free but
 we have GF Pizza available to pre-order.

Delicious "LOCAL" Woodstock Orchard
 Apples Offered Daily!

Creamy "LOCAL" Valleyside Farm
 Yogurt for Smoothies Offered Weekly!

OFFERED DAILY (Lunch)

Tasty Brands "Anytimer"

Super Snack Pack

SunButter & Jelly Sandwich

Assorted 100% Fruit Juices & FF/LF Milks

OFFERED DAILY (Breakfast)

Assorted WG & GF Cereals

Assorted 100% Fruit Juices & FF/LF Milks

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?

May's birthstone is the emerald,
 which represents love and success.