

# MAY 2022

## Thompson Public Schools (Grades 5 – 12)

"FREE MEALS" for ALL STUDENTS!

### MONDAY

"Sweet Thai Chili" (GF) **2**  
Chicken & Rice Bowl (GF)  
**Or**  
Cheeseburger/WG Bun (GF)  
(Lettuce & Tomato) (GF)  
(Broccoli) (GF)

**BREAKFAST**  
Cinnamon Bun

"Orange Zesty" **9**  
Chicken & Rice Bowl (GF)  
**or**  
Cheeseburger/WG Bun (GF)  
(Lettuce & Tomato) (GF)  
(Broccoli) (GF)

**BREAKFAST**  
Cinnamon Bun

"General Tso's" (GF) **16**  
Chicken & Rice Bowl (GF)  
**or**  
Cheeseburger/WG Bun (GF)  
(Lettuce & Tomato) (GF)  
(Broccoli) (GF)

**BREAKFAST**  
Cinnamon Bun

"Sweet & Sour" **23**  
Meatballs & Rice Bowl (GF)  
**or**  
Cheeseburger/WG Bun (GF)  
(Lettuce & Tomato) (GF)  
(Broccoli) (GF)

**BREAKFAST**  
Cinnamon Bun

**30**

**Memorial Day  
Observance**  
  
**NO SCHOOL**

### TUESDAY

"Chili" Dog/WG Roll (GF) **3**  
(Diced Onions) (GF)  
**or**  
WG Big Daddy Pizza (GF)  
(Plain **or** Sausage)  
(Oven-Baked Fries) (GF)

**BREAKFAST**  
Breakfast Pizza

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

**BREAKFAST**  
Breakfast Pizza

BBQ Pulled Pork **17**  
Mashed Potato Bowl (GF)  
w/WG Banana Bread  
**or**  
Big Daddy Pizza (GF)  
(Plain **or** Buffalo Chicken)  
(Corn) (GF)

**BREAKFAST**  
Breakfast Pizza

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

**BREAKFAST**  
Breakfast Pizza

Meatball Grinder (Gf) **31**  
(Peppers/Onions/Cheese)  
**or**  
WG Big Daddy Pizza (GF)  
(Plain **or** Pepperoni)  
(Oven-Baked Fries) (GF)

**BREAKFAST**  
Breakfast Pizza

### WEDNESDAY

Chicken Fajita Wrap **4**  
w/Spicy Ranch  
(Peppers/Onions/Cheese)  
**or**  
Chicken Patty/WG Bun (GF)  
(Carrots) (GF)

**BREAKFAST**  
Egg Sandwich (GF)

**Early Release Day** **11**  
Turkey Bulkie (GF)  
**Or**  
Italian Bulkie (GF)  
(Pickles) & (Chips) (GF)  
(Carrots) (GF)

**BREAKFAST**  
Egg Sandwich (GF)

Chicken Fajita Wrap **18**  
w/Spicy Ranch  
(Peppers/Onions/Cheese)  
**or**  
Chicken Patty/WG Bun (GF)  
(Carrots) (GF)

**BREAKFAST**  
Egg Sandwich (GF)

Southwest Chicken Chili **25**  
w/WG Biscuit  
**or**  
Chicken Patty/WG Bun (GF)  
  
(Carrots) (GF)

**BREAKFAST**  
Egg Sandwich (GF)

### THURSDAY

"Big Mac" Sloppy Joe **5**  
on WG Bun  
**or**  
WG Big Daddy Pizza (GF)  
(Plain **or** Pepperoni)  
(Baked Beans)

**BREAKFAST**  
Fresh-Baked Muffin (GF)

Beef Nachos w/Chips (GF) **12**  
Cheese & Taco Sauce  
**or**  
WG Big Daddy Pizza (GF)  
(Plain **or** Taco)  
(Baked Beans)

**BREAKFAST**  
Fresh-Baked Muffin (GF)

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

**BREAKFAST**  
Fresh-Baked Muffin (GF)

Beef Nachos w/Chips (GF) **26**  
Cheese & Taco Sauce  
**or**  
WG Big Daddy Pizza (GF)  
(Plain **or** Taco)  
(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](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

### 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)

Assorted Sandwiches  
"Big" Salads ~ Bagel Meals  
100% Fruit Juices & FF/LF Milks

### OFFERED DAILY (Breakfast)

Assorted WG Cereals  
PB&J Uncrustables  
100% Fruit Juices & FF/LF Milks

### QUESTIONS/CONCERNS?

#### Food Service Director

Lisa Durand @ (860) 923-9581, x41181  
[ldurand@thompsonpublicschools.org](mailto:ldurand@thompsonpublicschools.org)

#### Food Service Manager

Christine Murphy @ (860) 923-9581, x41182  
[cmurphy@thompsonpublicschools.org](mailto:cmurphy@thompsonpublicschools.org)

<http://district.thompsonk12.org>

## DID YOU KNOW?

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