

Monday

Regular or Spicy Chicken Patty
On WW Bun
Roasted Ranch Potato Wedges
Apples **1**

Tuesday

Taco Tuesday
WG Nacho Chips **2**
Seasoned Beef or Fajita Chicken
Cheddar Cheese
Brown Rice
Refried Beans
Oranges

Wednesday

WG Penne Pasta **3**
Meatballs
Marinara Sauce
Garlic & Herb Breadstick
Green Beans
Apples

Thursday

Pulled Pork **4**
On WW Bun
Sweet Potato Fries
Baked Beans
Watermelon Slices

Friday

Homemade Cheese, Meat, or Veggie Pizza **5**
Crisp Romaine Salad
Grape Tomatoes
Red & Green Grapes

8

Columbus Day
No School

Taco Tuesday
WG Tortilla **9**
Seasoned Beef or Fajita Chicken
Cheddar Cheese
Brown Rice
Refried Beans
Oranges

WG Rotini Pasta **10**
Meatballs
Marinara Sauce
Garlic & Herb Breadstick
Broccoli
Apples

Grinder Day **11**
Assorted Hot & Cold Grinders
Baked Doritos
Cucumber Dippers
Watermelon
100% Juice

Homemade Cheese, Meat, or Veggie Pizza **12**
Crisp Romaine Salad
Grape Tomatoes
Red & Green Grapes
100% Juice

15

Loaded Waffle Fries
Waffle Cut Fries
3-Bean Chili & Cheese
Steamed Broccoli
Dinner Roll
100% Juice

Taco Tuesday
Chicken or Cheese Quesadilla **16**
Cheddar Cheese
Brown Rice
Refried Beans
Oranges

WG Penne Pasta **17**
Meatballs
Marinara Sauce
Garlic & Herb Breadstick
Green Beans
Apples

Brunch for Lunch **18**
French Toast Sticks
Hash Brown
Chicken Sausage or Chicken Bacon
Egg Patty
Sliced Melon & 100% Juice

Homemade Cheese, Meat, or Veggie Pizza **19**
Crisp Romaine Salad
Grape Tomatoes
Red & Green Grapes

22

Chicken Tenders
Mashed Potatoes
Dinner Roll
Steamed Carrots
Pears
100% Juice

Taco Tuesday
WG Nacho Chips **23**
Seasoned Beef or Fajita Chicken
Cheddar Cheese
Brown Rice
Refried Beans
Oranges

WG Rotini Pasta **24**
Meatballs
Marinara Sauce
Garlic & Herb Breadstick
Green Beans
Apples

Toasted Cheese Sandwich **25**
On WW Bread
Creamy Tomato Soup
Steamed Broccoli
Sliced Melon & 100% Juice

Homemade Cheese, Meat, or Veggie Pizza **26**
Crisp Romaine Salad
Grape Tomatoes
Red & Green Grapes

29

Cherry Blossom or Firecracker Chicken
Brown Rice
Oriental Blend Vegetables
Applesauce
100% Juice

Taco Tuesday
WG Tortilla **30**
Seasoned Beef or Fajita Chicken
Cheddar Cheese
Brown Rice
Refried Beans
Oranges

Howling Hot Dogs **31**
Beef Hot Dogs on WW Bun
Screaming Chili
Apple Grins
100% Juice



Menu Subject to change as needed without warning

- All daily and alternative meals include a minimum of 2 oz protein, 2 oz whole grains, fruit, vegetable, and 8 fl oz fat-free flavored milk or 1% unflavored milk
- Alternate hot meal schedule: (M) hotdogs, (T) toasted cheese sandwich, (W) burgers, (Th) chicken tenders, and (F) chicken patty.
- Available daily: Chef Salad, Deli Sandwich, Pizza, Yogurt Plate.
- WG=Whole Grain, WW=Whole Wheat
- *Rodeo burger is a cheeseburger that has an onion ring and BBQ sauce on it.
- Please contact Becky Fowler, Director of School Nutrition, becky.fowler@stoningtonschools.org or (860) 599-0766 with any questions or concerns