

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**


5  
Mozzarella Sticks  
Marinara Sauce  
Garlic & Herb WG Breadstick  
Seasoned Broccoli  
Fruit Cocktail  
100% Juice

6  
**Early Release**  
Beef Hot Dogs on  
WW Bun  
Baked Beans  
Fruit or 100% Juice

7  
WG Penne Pasta  
Meatballs  
Marinara or Alfredo Sauce  
Seasoned Broccoli  
Fruit

1  
Hamburger or Cheeseburger  
On WW Bun  
Baked Beans  
Fruit

2  
Homemade Cheese, Meat, or  
Veggie Pizza  
Crisp Romaine Salad  
Fruit or 100% Juice

12  
**No School  
Veteran's Day  
Observance**

13  
**Brunch for Lunch**  
French Toast Sticks  
Hash Brown  
Chicken Sausage or Chicken  
Bacon  
Egg Patty  
Fruit & 100% Juice

14  
WG Rotini Pasta  
Meatballs  
Marinara Sauce  
Green Beans  
Fruit

8  
Popcorn Chicken  
Mashed Potatoes  
WW Dinner Roll  
Corn  
Gravy  
Fruit

9  
Homemade Cheese, Meat, or  
Veggie Pizza or Calzone  
Crisp Romaine Salad  
Fruit or 100% Juice

15  
**Thanksgiving Meal**  
Turkey Roast  
Mashed Potatoes & Gravy  
Roasted Butternut Squash  
Cranberry Sauce  
Dinner Roll  
100% Juice

16  
Homemade Cheese, Meat, or  
Veggie Pizza  
Crisp Romaine Salad  
Fruit

19  
Chicken Tenders  
Cheesy Broccoli Rice  
Steamed Carrots  
Fruit

20  
Chicken or Cheese  
Quesadilla  
Brown Rice  
Refried Beans  
Fruit

21  
**Early Release**  
Homemade Cheese, Meat, or  
Veggie Pizza  
Crisp Romaine Salad  
Fruit or 100% Juice

22  
**No School  
Thanksgiving Recess**

23  
**No School  
Thanksgiving Recess**

26  
Cherry Blossom or  
Brown Rice  
Oriental Blend Vegetables  
Fruit & 100% Juice

27  
**Taco Tuesday**  
WG Nacho Chips  
Seasoned Beef  
Cheddar Cheese  
Brown Rice  
Refried Beans  
Fruit

28  
WG Penne Pasta  
Meatballs  
Marinara or Alfredo Sauce  
Seasoned Broccoli  
Fruit

29  
**Brunch for Lunch**  
Pancakes  
Hash Brown  
Chicken Sausage or Chicken  
Bacon  
Egg Patty  
Fruit & 100% Juice

30  
Homemade Cheese, Meat, or  
Veggie Pizza or Calzone  
Crisp Romaine Salad  
Fruit or 100% Juice

- 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
- Available daily: PB&J, PB&Fluff, or Bone Builder Plate (yogurt, cheese stick, WG cereal or breakfast pastry, fruit or 100% juice).
- Menu subject to change as needed without notice.
- WG=Whole Grain, WW=Whole Wheat
- Please contact Becky Fowler, Director of School Nutrition, [becky.fowler@stoningtonschools.org](mailto:becky.fowler@stoningtonschools.org) or (860) 599-0766 with any questions or concerns