

Monday

Tuesday

Wednesday

Thursday

Friday



5  
Cereal  
Fruit & 100% Juice  
Milk

6  
Breakfast Pizza  
Fruit & 100% Juice  
Milk

7  
French Toast Sticks  
Fruit & 100% Juice  
Milk

1  
Ham, Egg, & Cheese  
On WG Bagel  
Fruit & 100% Juice  
Milk

2  
Waffles  
Fruit & 100% Juice  
Milk

12  
*No School  
Veteran's Day  
Observance*

13  
Chicken Sausage,  
Egg, & Cheese  
On WG Croissant  
Fruit & 100% Juice  
Milk

14  
Pancakes  
Fruit & 100% Juice  
Milk

15  
Ham, Egg, & Cheese  
On WG Bagel  
Fruit & 100% Juice  
Milk

16  
Waffles  
Fruit & 100% Juice  
Milk

19  
Cereal  
Fruit & 100% Juice  
Milk

20  
Breakfast Pizza  
Fruit & 100% Juice  
Milk

21  
French Toast Sticks  
Fruit & 100% Juice  
Milk

22  
*No School  
Thanksgiving Recess*

23  
*No School  
Thanksgiving Recess*

26  
Cereal  
Fruit & 100% Juice  
Milk

27  
Chicken Bacon,  
Egg, & Cheese  
On WG Croissant  
Fruit & 100% Juice  
Milk

28  
Pancakes  
Fruit & 100% Juice  
Milk

29  
Ham, Egg, & Cheese  
On WG Bagel  
Fruit & 100% Juice  
Milk

30  
Waffles  
Fruit & 100% Juice  
Milk

- All breakfast meals include: 2 oz whole grains, ½ cup fruit & ½ cup 100% juice, and 8 fl oz low fat or fat-free milk
- Additional daily offerings change and may include: cereal, Nutrigrain bars, and assorted whole grain pastries or breads
- Contact Becky Fowler, Director of School Nutrition at [becky.fowler@stoningtonschools.org](mailto:becky.fowler@stoningtonschools.org) with any questions or concerns