

Monday	Tuesday	Wednesday	Thursday	Friday
Meatless Monday 3 Mac & Cheese California Blend Vegetables Mixed Green Salad Garlic Knot Apple Grin Slices 100% Juice	Taco Tuesday 4 WG Nacho Chips Seasoned Beef or Fajita Chicken Cheddar Cheese Sauce Brown Rice Refried Beans Orange Wedges	WG Rotini Pasta 5 Meatballs Marinara or Alfredo Sauce Garlic & Herb Breadstick Broccoli Apples	6 Meatball or Rib-B-Que Grinder Tater Tots Cucumber Dippers 100% Juice	7 Homemade Cheese, Meat, or Veggie Pizza or Calzone Mixed Green Salad Grape Tomatoes Frozen Blueberries with Whipped Topping
Meatless Monday 10 Mozzarella Sticks Marinara Sauce Garlic & Herb WG Breadstick Seasoned Broccoli Fruit Cocktail 100% Juice	Taco Tuesday 11 WG Tortilla Seasoned Beef or Fajita Chicken Cheddar Cheese Sauce Brown Rice Refried Beans Orange Wedges	WG Penne Pasta 12 Meatballs Marinara or Cheddar Cheese Sauce Garlic & Herb Breadstick Green Beans Apples	Brunch for Lunch 13 French Toast Sticks Hash Brown Chicken Sausage or Chicken Bacon Egg Patty Bananas & 100% Juice	14 Homemade Cheese, Meat, or Veggie Pizza or Calzone Mixed Green Salad Grape Tomatoes Frozen Blueberries with Whipped Topping
Meatless Monday 17 Waffle Cut Fries 3-Bean Chili & Cheese Seasoned Broccoli Dinner Roll Fruit Cocktail 100% Juice	Taco Tuesday 18 WG Nacho Chips Seasoned Beef or Fajita Chicken Cheddar Cheese Sauce Brown Rice Refried Beans Orange Wedges	WG Rotini Pasta 19 Meatballs Marinara or Alfredo Sauce Garlic & Herb Breadstick Broccoli Apples	20 Homemade Cheese, Meat, or Veggie Pizza or Calzone Mixed Green Salad Grape Tomatoes Sidekicks 100% Juice Cup	21 Early Release No Lunch Served Extended Breakfast
24 Winter Break No School	25 Winter Break No School	26 Winter Break No School	27 Winter Break No School	28 Winter Break No School
31 Winter Break No School				

- 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) regular or spicy chicken patty.
- Available daily: Chef Salad, Deli Sandwich, Pizza, Yogurt Plate.
- WG=Whole Grain, WW=Whole Wheat
- Please contact Becky Fowler, Director of School Nutrition, becky.fowler@stoningtonschools.org or (860) 599-0766 with any questions or concerns

