

Monday

Tuesday

Wednesday

Thursday

Friday

3
Cereal
Fruit & 100% Juice
Milk

4
Fruit & Yogurt
Parfaits
100% Juice
Milk

5
WG Muffin
Fruit & 100% Juice
Milk

6
WW Bagel
Fruit & 100% Juice
Milk

7
Cereal
Fruit & 100% Juice
Milk

10
Cereal
Fruit & 100% Juice
Milk

11
Fruit & Yogurt
Parfaits
100% Juice
Milk

12
WG Muffin
Fruit & 100% Juice
Milk

13
WW Bagel
Fruit & 100% Juice
Milk

14
Cereal
Fruit & 100% Juice
Milk

17
Cereal
Fruit & 100% Juice
Milk

18
Fruit & Yogurt
Parfaits
100% Juice
Milk

19
WG Muffin
Fruit & 100% Juice
Milk

20
WW Bagel
Fruit & 100% Juice
Milk

21
Cereal
Fruit & 100% Juice
Milk

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 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 with any questions or concerns