

Monday
Tuesday
Wednesday
Thursday
Friday

2019

1
New Year's Day
No School

2
 Pancakes
 Hash Brown
 Cinnamon Carrots
 Chicken Sausage or Bacon
 Egg Patty
 Diced Pears
 100% Juice

3
 Boneless Chicken Wings
 Roasted Ranch Potato Wedges
 Celery & Carrot Sticks
 Garlic Knot
 Orange Wedges
 100% Juice

4
 Sal's Cheese or
 White Garlic Pizza
 Sweet Potato Fries
 Cucumber Dippers
 Diced Peaches
 100% Juice

7
Meatless Monday
 Mozzarella Sticks
 Marinara Sauce
 Garlic Knot
 Seasoned Broccoli
 Fruit Cocktail
 100% Juice

8
 WW Tortilla
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese
 Brown Rice
 Refried Beans
 Salsa & Lettuce
 Orange Wedges & 100% Juice

9
 Spicy Chicken & Waffles
 Hash Brown Patty
 Cinnamon Carrots
 Frozen Strawberries with
 Whipped Topping
 100% Juice

10
 Cherry Blossom or
 Firecracker Chicken
 Vegetable Fried Rice
 Oriental Blend Vegetables
 Applesauce
 100% Juice

11
 Sal's Cheese or
 White Garlic Pizza
 Sweet Potato Fries
 Cucumber Dippers
 Diced Peaches
 100% Juice

14
Meatless Monday
 Waffle Cut Fries
 3-Bean Chili & Cheese
 Seasoned Broccoli
 Dinner Roll
 Fruit Cocktail
 100% Juice

15
 WG Nacho Chips
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese
 Brown Rice
 Refried Beans
 Salsa & Lettuce
 Strawberries & 100% Juice

16
 Chicken Tenders
 Mashed Potatoes
 Dinner Roll
 Steamed Carrots
 Apple Slices
 100% Juice

17
 Pulled Pork
 On WW Bun
 Roasted Ranch Potato Wedges
 Baked Beans
 Orange Wedges
 100% Juice

18
 Sal's Cheese or
 White Garlic Pizza
 Sweet Potato Fries
 Cucumber Dippers
 Diced Peaches
 100% Juice

21
Martin Luther King Day
No School

22
 WW Tortilla
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese
 Brown Rice
 Refried Beans
 Salsa & Lettuce
 Orange Wedges & 100% Juice

23
 French Toast Sticks
 Hash Brown
 Cinnamon Carrots
 Chicken Sausage or Bacon
 Egg Patty
 Frozen Blueberries w/Whipped Topping
 100% Juice

24
 Hamburger or
 Cheeseburger
 On WW Bun
 Roasted Ranch Potato Wedges
 Baked Beans
 Orange Wedges
 100% Juice

25
 Sal's Cheese or
 White Garlic Pizza
 Sweet Potato Fries
 Cucumber Dippers
 Diced Peaches
 100% Juice

28
Meatless Monday
 Mozzarella Sticks
 Marinara Sauce
 Garlic Knot
 Seasoned Broccoli
 Fruit Cocktail
 100% Juice

29
 WG Nacho Chips
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese
 Brown Rice
 Refried Beans
 Salsa & Lettuce
 Strawberries & 100% Juice

30
 Spicy Chicken & Waffles
 Hash Brown Patty
 Cinnamon Carrots
 Frozen Strawberries with
 Whipped Topping
 100% Juice

31
 Cherry Blossom or
 Firecracker Chicken
 Vegetable Fried Rice
 Oriental Blend Vegetables
 Applesauce
 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: Chef Salad, Deli Sandwich, Pizza, Pasta, Hot Sandwiches & Wraps
- Menu subject to change as needed.
- WG=Whole Grain and WW=Whole Wheat
- Please contact Becky Fowler, Director of School Nutrition, becky.fowler@stoningtonschools.org or (860) 599-0766 with any questions or concerns

