

Monday	Tuesday	Wednesday	Thursday	Friday
	1 New Year's Day No School	2 WG Rotini Pasta Meatballs Marinara or Alfredo Sauce Garlic & Herb Breadstick Broccoli Diced Pears	3 Meatball or Rib-B-Que On WW Grinder Tater Tots Cucumber Dippers Grapes	4 Sal's Pizza or Calzone Crisp Romaine Salad Grape Tomatoes Frozen Blueberries with Whipped Topping 100% Juice
7 Meatless Monday Mozzarella Sticks Marinara Sauce Garlic & Herb WG Breadstick Seasoned Broccoli Fruit Cocktail & 100% Juice	8 WG Tortilla Seasoned Beef or Fajita Chicken Cheddar Cheese Sauce Brown Rice Refried Beans Orange Wedges	9 WG Penne Pasta Meatballs Marinara or Cheddar Cheese Sauce Garlic & Herb Breadstick Green Beans Apples	10 French Toast Sticks Hash Brown Chicken Sausage or Chicken Bacon Egg Patty Bananas & 100% Juice	11 Sal's Pizza or Calzone Crisp Romaine Salad Grape Tomatoes Frozen Strawberries with Whipped Topping 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 Sauce Brown Rice Refried Beans Orange Wedges	16 WG Rotini Pasta Meatballs Marinara or Alfredo Sauce Garlic & Herb Breadstick Steamed Carrots Apples	17 Cherry Blossom or Firecracker Chicken Vegetable Fried Rice Oriental Blend Vegetables Fresh Pears	18 Sal's Pizza or Calzone Crisp Romaine Salad Grape Tomatoes Frozen Blueberries with Whipped Topping 100% Juice
21 Martin Luther King Day No School	22 WG Tortilla Seasoned Beef or Fajita Chicken Cheddar Cheese Sauce Brown Rice Refried Beans Orange Wedges	23 WG Penne Pasta Meatballs Marinara or Cheddar Cheese Sauce Garlic & Herb Breadstick Peas Apples	24 Pepperoni or Cheese Pinwheel or Broccoli & Cheese Stuffed Croissant Tater Tots California Blend Vegetables 100% Juice	25 Sal's Pizza or Calzone Crisp Romaine Salad Grape Tomatoes Frozen Strawberries with Whipped Topping 100% Juice
28 Meatless Monday Mac & Cheese California Blend Vegetables Crisp Romaine Salad Garlic Knot Apple Grin Slices	29 Chicken or Cheese Quesadilla Veggie Tortilla Soup Brown Rice Refried Beans Orange Wedges	30 WG Rotini Pasta Meatballs Marinara or Alfredo Sauce Garlic & Herb Breadstick Broccoli Diced Pears	31 Meatball or Rib-B-Que On WW Grinder Tater Tots Cucumber Dippers Grapes	

- 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