


Monday
Tuesday
Wednesday
Thursday
Friday

1
New Year's Day
No School

2
 WG Rotini Pasta
 Meatballs
 Marinara Sauce
 Green Beans
 Diced Pears

3
 Popcorn Chicken
 Mashed Potatoes
 WW Dinner Roll
 Seasoned Broccoli
 Brown Gravy
 Grapes

4
 Mini Pizza Bagels
 Baby Carrots
 Mixed Green Salad
 Fruit Cup

7
Meatless Monday
 Mozzarella Sticks
 Marinara Sauce
 Mixed Green Salad
 Garlic Knot
 100% Juice

8
Taco Tuesday
 WG Nacho Chips
 Seasoned Beef
 Cheddar Cheese
 Brown Rice
 Refried Beans
 Orange Wedges

9
 WG Penne Pasta
 Meatballs
 Marinara or Alfredo Sauce
 California Blend Vegetables
 Apples

10
Brunch for Lunch
 Pancakes
 Hash Brown
 Chicken Sausage or Chicken
 Bacon
 Egg Patty
 Bananas & 100% Juice

11
 Sal's Pizza
 Baby Carrots
 Mixed Green Salad
 Frozen Strawberries with
 Whipped Topping
 100% Juice

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

15
 Regular or Spicy Chicken
 Patty Sandwich on WW Bun
 Roasted Ranch Potatoes
 Orange Wedges

16
 WG Rotini Pasta
 Meatballs
 Marinara Sauce
 Green Beans
 Apples

17
 Hamburger or Cheeseburger
 On WW Bun
 Cape Cod Chips
 Baked Beans
 Pears

18
 Mini Pizza Bagels
 Baby Carrots
 Mixed Green Salad
 Frozen Blueberries with
 Whipped Topping
 100% Juice

21
Martin Luther King Day
No School

22
 Pepperoni or Cheese Pinwheel
 California Blend Vegetables
 Orange Wedges

23
 WG Penne Pasta
 Meatballs
 Marinara or Alfredo Sauce
 Seasoned Broccoli
 Apples

24
 Meatball or Rib-B-Que Grinder
 Tater Tots
 Baked Beans
 Bananas

25
 Sal's Pizza
 Baby Carrots
 Mixed Green Salad
 Frozen Strawberries with
 Whipped Topping
 100% Juice

28
Meatless Monday
 Toasted Cheese Sandwiches
 Creamy Tomato Soup
 Seasoned Broccoli
 Apple Grins

29
Taco Tuesday
 WG Nacho Chips
 Seasoned Beef
 Cheddar Cheese
 Brown Rice
 Refried Beans
 Orange Wedges

30
 WG Rotini Pasta
 Meatballs
 Marinara Sauce
 Green Beans
 Diced Pears

31
Brunch for Lunch
 French Toast Sticks
 Hash Brown
 Chicken Sausage or Chicken
 Bacon
 Egg Patty
 Grapes & 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: PB&J, PB&Fluff, or Bone Builder Plate (yogurt, cheese stick, WG cereal or breakfast pastry, fruit or 100% juice).
- Menu subject to change as needed without notice.
- 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

