

Monday

Tuesday

Wednesday

Thursday

Friday



4
Cereal
Fruit & 100% Juice
Milk

5
Fruit & Yogurt
Parfaits
100% Juice
Milk

6
WG Muffin
Fruit & 100% Juice
Milk

7
WW Bagel
Fruit & 100% Juice
Milk

1
Cereal
Fruit & 100% Juice
Milk

8
Cereal
Fruit & 100% Juice
Milk

11
Cereal
Fruit & 100% Juice
Milk

12
Fruit & Yogurt
Parfaits
100% Juice
Milk

13
WG Muffin
Fruit & 100% Juice
Milk

14
WW Bagel
Fruit & 100% Juice
Milk

15
Cereal
Fruit & 100% Juice
Milk

18
*President's Day
No School*

19
Cereal
Fruit & 100% Juice
Milk

20
WG Muffin
Fruit & 100% Juice
Milk

21
WW Bagel
Fruit & 100% Juice
Milk

22
Cereal
Fruit & 100% Juice
Milk

25
Cereal
Fruit & 100% Juice
Milk

26
Fruit & Yogurt
Parfaits
100% Juice
Milk

27
WG Muffin
Fruit & 100% Juice
Milk

28
WW Bagel
Fruit & 100% Juice
Milk

- 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 Food Services at becky.fowler@stoningtonschools.org with any questions or concerns