

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

**4**  
**Meatless Monday**  
 Mozzarella Sticks  
 Marinara Sauce  
 Garlic & Herb WG Breadstick  
 Seasoned Broccoli  
 Apple Slices

**5**  
**WG Tortilla**  
 Seasoned Beef or Fajita Chicken  
 Cheddar Cheese Sauce  
 Brown Rice  
 Refried Beans  
 Frozen Fruit Cup

**6**  
**WG Penne Pasta**  
 Meatballs  
 Marinara or Cheddar Cheese Sauce  
 Garlic & Herb Breadstick  
 Green Beans  
 Apples

**7**  
 Regular or Spicy Chicken Patty  
 WW Bun  
 Regular or Sweet Potato Fries  
 Grapes

**1**  
 Sal's Pizza  
 Crisp Romaine Salad  
 Grape Tomatoes  
 Frozen Blueberries with Whipped Topping  
 100% Juice

**8**  
 Sal's Pizza  
 Crisp Romaine Salad  
 Frozen Strawberries with Whipped Topping  
 100% Juice

**11**  
**Meatless Monday**  
 Waffle Cut Fries  
 3-Bean Chili & Cheese  
 Seasoned Broccoli  
 Dinner Roll  
 Fruit Cocktail & 100% Juice

**12**  
**WG Nacho Chips**  
 Seasoned Beef or Fajita Chicken  
 Cheddar Cheese Sauce  
 Brown Rice  
 Refried Beans  
 Orange Wedges

**13**  
**WG Penne Pasta**  
 Meatballs  
 Marinara or Cheddar Cheese Sauce  
 Garlic & Herb Breadstick  
 Green Beans  
 Apples

**14**  
 "Heart-y" Chicken Nuggets  
 Roasted Ranch Potato Wedges  
 Steamed Carrots  
 Dinner Roll  
 Grapes  
 Sidekicks Be Mine Juice Cup

**15**  
 Sal's Pizza  
 Crisp Romaine Salad  
 Grape Tomatoes  
 Frozen Blueberries

**18**  
**Presidents' Day**  
**No School**

**19**  
**Early Release**  
**No Lunch Served**

**20**  
**WG Rotini Pasta**  
 Meatballs  
 Marinara or Alfredo Sauce  
 Garlic & Herb Breadstick  
 Steamed Carrots  
 Apples

**21**  
 French Toast Sticks  
 Hash Brown  
 Chicken Sausage or  
 Chicken Bacon  
 Egg Patty  
 Bananas & 100% Juice

**22**  
 Sal's Pizza or Calzone  
 Crisp Romaine Salad  
 Frozen Strawberries with Whipped Topping  
 100% Juice

**25**  
**Meatless Monday**  
 Mac & Cheese  
 California Blend Vegetables  
 Crisp Romaine Salad  
 Garlic Knot  
 Apple Grin Slices

**26**  
**Chicken or Cheese Quesadilla**  
 Veggie Tortilla Soup  
 Brown Rice  
 Refried Beans  
 Orange Wedges

**27**  
**Tortellini or Stuffed Shells**  
 Meatballs  
 Marinara or Cheddar Cheese Sauce  
 Garlic & Herb Breadstick  
 Green Beans  
 Apples

**28**  
**Pepperoni or Cheese Pinwheel**  
 or  
 Broccoli & Cheese Stuffed Croissant  
 Tater Tots  
 California Blend Vegetables  
 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
- 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](mailto:becky.fowler@stoningtonschools.org) or (860) 599-0766 with any questions or meal modifications

