

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

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

**4**

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

**5**

**WG Rotini Pasta**  
 Meatballs  
 Marinara Sauce  
 Green Beans  
 Refried Beans  
 Diced Pears

**6**

**Chicken Tenders**  
 Seasoned Rice or  
 Cheesy Broccoli Rice  
 Seasoned Broccoli  
 Applesauce

**7**

**Early Release Day**  
 Pepperoni or Cheese Pinwheel  
 Baby Carrots  
 Apple Slices

**1**

Sal's Pizza  
 Cucumber Dippers  
 Canned Peaches

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

**11**

**Popcorn Chicken**  
 Mashed Potatoes  
 Gravy  
 Corn  
 Frozen 100% Juice Bars

**12**

**WG Penne Pasta**  
 Meatballs  
 Marinara or Alfredo Sauce  
 California Blend Vegetables  
 Peaches

**13**

**Pi Day!**  
 Pizza Pie  
 Crisp Romaine Salad  
 Fresh Pineapple  
 Apple Pies

**14**

**Chicken or Cheese**  
 Quesadillas  
 Refried Beans  
 Applesauce

**15**

**Meatless Monday**  
 Mozzarella Sticks  
 Marinara Sauce  
 Seasoned Broccoli  
 Garlic Knot  
 100% Juice

**18**

**Regular or Spicy Chicken**  
 Patty Sandwich on WW Bun  
 Smiley Fries  
 Frozen Fruit Cup

**19**

**Breaded Mini Ravioli**  
 Marinara Sauce  
 Carrot Bags  
 Applesauce

**20**

**Hamburger or Cheeseburger**  
 On WW Bun  
 Baked Beans  
 Pears

**21**

**Sal's Pizza**  
 Cucumber Dippers  
 Frozen Strawberries with  
 Whipped Topping

**22**

**Chef's Choice Lunch**  
 2 oz Whole Grain  
 2 oz Protein  
 Fruit & Vegetable  
 Milk Choice

**25**

**Chef's Choice Lunch**  
 2 oz Whole Grain  
 2 oz Protein  
 Fruit & Vegetable  
 Milk Choice

**26**

**Cheese or Pepperoni**  
 Pizza  
 Crisp Romaine Salad  
 Frozen Blueberries

**27**

**Assorted Cold Sandwiches**  
 Or Munchable  
 Cucumber Dippers  
 Banana

**28**

**No School**  
**Professional**  
**Development Day**

**29**

- 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](mailto:becky.fowler@stoningtonschools.org) or (860) 599-0766 with any questions or concerns

