

**Monday**
**Labor Day  
No School**
**Meatless Monday**

 Italian Combo  
 Marinara Sauce  
 Garlic & Herb WG Breadstick  
 Seasoned Broccoli  
 Fruit Cocktail  
 100% Juice

**Meatless Monday**

 Waffle Cut Fries  
 3-Bean Chili & Cheese  
 Seasoned Broccoli  
 Dinner Roll  
 Canned Pineapple  
 100% Juice

**Meatless Monday**

 Cheese Bites  
 California Blend Vegetables  
 Crisp Romaine Salad  
 Fruit Cocktail  
 100% Juice

**Meatless Monday**

 Toasted Cheese Sandwich  
 Creamy Tomato Soup  
 Green Beans  
 Applesauce

**Tuesday**

 Chicken Patty Sandwich  
 On WW Bun  
 Oven Fries  
 Lettuce & Tomato  
 100% Frozen Juice Cup

**WG Tortilla**

 Seasoned Beef or Fajita Chicken  
 Cheddar Cheese Sauce  
 Brown Rice  
 Refried Beans  
 Fresh Watermelon Slices

**WG Nacho Chips**

 Seasoned Beef or Fajita Chicken  
 Cheddar Cheese Sauce  
 Brown Rice  
 Refried Beans  
 100% Juice

**Chicken or Cheese**

 Quesadilla  
 Cheddar Cheese Sauce  
 Brown Rice  
 Refried Beans  
 Watermelon Slices

**Wednesday**

 Mozzarella Sticks  
 Marinara Sauce  
 Garlic Knot  
 Seasoned Broccoli  
 Apples

**WG Penne Pasta**

 Meatballs  
 Marinara or Cheddar Cheese Sauce  
 Garlic & Herb Breadstick  
 Green Beans  
 Apples

**WG Rotini Pasta**

 Meatballs  
 Marinara or Alfredo Sauce  
 Garlic & Herb Breadstick  
 Steamed Carrots  
 Diced Pears

**Early Release  
No Lunch Served**
**Thursday**

 Popcorn Chicken  
 Mashed Potatoes  
 Corn  
 Gravy  
 Dinner Roll  
 Fresh Berry Cups

**French Toast Sticks**

 Hash Brown  
 Chicken Sausage or Bacon  
 Egg Patty  
 100% Juice

 Cherry Blossom  
 or Firecracker Chicken  
 Vegetable Fried Rice  
 Oriental Blend Vegetables  
 Cantaloupe & Honeydew Slices

 Chicken Tenders  
 Garlic Knot  
 Tater Tots  
 California Blend Vegetables  
 100% Juice

**Friday**

 Assorted Homemade Pizza  
 Crisp Romaine Salad  
 Grape Tomatoes  
 Fresh Strawberries with  
 Whipped Topping

**French Bread Pizza**

 Cucumber Dippers  
 Grape Tomatoes  
 Apple Grin Slices

 Assorted Homemade Pizza  
 Crisp Romaine Salad  
 Grape Tomatoes  
 Fresh Blueberries with  
 Whipped Topping

 French Bread Pizza  
 Crisp Romaine Salad  
 Grape Tomatoes  
 Apple Grin Slices

Welcome to the New Stonington Middle School Kitchen!  
 We are excited to be in the kitchen and look forward to a  
 nutritious & delicious year. Don't forget, we serve hot  
 and cold breakfast every morning, too. Go, Stingrays!

- All meals include a minimum of 2 oz protein, 2 oz whole grains, 1 Cup fruit, 1 Cup vegetable, and 8 fl oz fat-free flavored milk or 1% unflavored milk
- Available daily: PB&J, PB&Fluff, Deli Sandwiches, Bone Builder Yogurt Plate, or Munchables
- Menu subject to change as needed without notice.
- Applications for free and reduced meals can be submitted at any time during the school year!
- WG=Whole Grain, WW=Whole Wheat
- This institution is an equal opportunity provider


