

Monday
Tuesday
Wednesday
Thursday
Friday

Did you know that we serve hot breakfast 5 days a week? Come say good morning to your fantastic cafeteria staff and start your day right with a good breakfast!

1
Assorted Homemade Pizza
Crisp Romaine Salad
Frozen Blueberries with Whipped Topping

4
Meatless Monday
Toasted Cheese Sandwich
Creamy Tomato Soup
Green Beans
Sliced Peaches

5
Professional Development
No School

6
WG Rotini Pasta
Meatballs
Marinara or Alfredo Sauce
Garlic & Herb Breadstick
Peas
Orange Wedges

7
Chicken Tenders
WW Dinner Roll
Tater Tots
California Blend Vegetables
Banana Split Cups

8
French Bread Pizza
Crisp Romaine Salad
Baked Apples

11
Veteran's Day
No School

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

13
Twisted Mozzarella
Breadsticks
Marinara Sauce
Steamed Carrots
Diced Pears

14
Thanksgiving Feast
Turkey Roast
Mashed Potatoes & Gravy
Roasted Mini Butternut Squash
Cranberry Sauce
WW Dinner Roll
100% Juice

15
Assorted Homemade Pizza
Crisp Romaine Salad
Frozen Blueberries with Whipped Topping

18
Meatless Monday
Italian Combo
Marinara Sauce
Garlic & Herb Breadstick
Green Beans
Fruit Cocktail

19
WG Tortilla
Seasoned Beef or Fajita Chicken
Cheddar Cheese Sauce
Brown Rice
Refried Beans
Fresh Pineapple

20
WG Penne Pasta
Meatballs
Marinara or Cheese Sauce
Garlic & Herb Breadstick
Seasoned Broccoli
100% Juice

21
Cherry Blossom
or Firecracker Chicken
Vegetable Fried Rice
Steamed Carrots
Banana Split Cups

22
French Bread Pizza
Crisp Romaine Salad
Baked Apples

25
Meatless Monday
Waffle Cut Fries
3-Bean Chili & Cheese
Seasoned Broccoli
Dinner Roll
Canned Pineapple

26
WG Nacho Chips
Seasoned Beef or Fajita Chicken
Cheddar Cheese Sauce
Brown Rice
Refried Beans
Orange Wedges

27
Early Dismissal
No Lunch Served

28
Thanksgiving Break
No School

29
Thanksgiving Break
No School

- 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
- Please make checks payable to Stonington Public Schools Food Services or SPS Food Services
- 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

