

This institution is an equal opportunity provider

Monday

Tuesday

Wednesday

Thursday

Friday

*January is National Soup Month!
 We will be featuring at least one soup each week so
 stop by for a cup.
 January 6 is National Bean Day so enjoy a fresh
 baked black bean brownie with lunch.*



No School

6
 Waffle Cut Fries
 3-Bean Chili & Cheese
 Seasoned Broccoli
 Garlic & Herb Breadstick
 Black Bean Brownies
 Applesauce & 100% Juice

7
 WG Nacho Chips
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese Sauce
 Brown Rice
 Refried Beans
 Salsa & Lettuce
 Strawberries & 100% Juice

8
 Twisted Mozzarella
 Breadsticks
 Chicken Noodle Soup
 Mixed Greens Salad
 Orange Glazed Carrots
 Diced Pears & 100% Juice

2
 Cherry Blossom or
 Firecracker Chicken
 Vegetable Fried Rice
 Oriental Blend Vegetables
 Canned Pineapple & 100% Juice

3
 Homemade Pizza
 Sweet Potato Fries
 Green Bean Italiano
 Fruit Crisp
 100% Juice

13
 Italian Combo
 California Blend Vegetables
 Crisp Romaine Salad
 Fruit Cocktail
 100% Juice

14
 Chicken & Cheese
 Or Cheese Quesadilla
 Taco Soup
 Brown Rice
 Refried Beans
 Orange Wedges & 100% Juice

15
 French Toast
 Hash Brown
 Cinnamon Carrots
 Chicken Sausage or Bacon
 Egg Patty
 Blueberries & 100% Juice

16
 Popcorn Chicken
 Potatoes Au Gratin
 Corn
 Dinner Roll
 Banana Split Boats & 100% Juice

17
 Homemade Pizza
 Sweet Potato Fries
 Green Beans
 Fruit Crisp
 100% Juice



No School

21
 WG Nacho Chips
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese Sauce
 Brown Rice
 Refried Beans
 Salsa & Lettuce
 Strawberries & 100% Juice

22
 Spicy Chicken & Waffles
 Hash Brown Patty
 Cinnamon Carrots
 Strawberries
 100% Juice

23
 Cherry Blossom or
 Firecracker Chicken
 Vegetable Fried Rice
 Oriental Blend Vegetables
 Canned Pineapple & 100% Juice

24
 French Bread Pizza
 Broccoli Cheddar Soup
 Crisp Romaine Salad
 Baked Apple Wedges
 100% Juice

27
 Twisted Mozzarella
 Breadsticks
 Marinara Sauce
 Seasoned Broccoli
 Crisp Romaine Salad
 Fruit Cocktail & 100% Juice

28
 WW Tortilla
 Seasoned Beef or Fajita Chicken
 Shredded Cheddar Cheese
 Brown Rice
 Refried Beans
 Salsa & Lettuce
 Orange Wedges & 100% Juice

29
 Chicken Tenders
 Cream of Potato Soup
 Steamed Carrots
 Garlic Knot
 Canned Peaches
 100% Juice

30
 Chicken or Cheese Quesadilla
 Corn & Black Bean Salad
 Lettuce & Tomato
 Banana Split Boats
 100% Juice

31
 Homemade Pizza
 Sweet Potato Fries
 Green Beans
 Mixed Berry Crisp
 100% Juice

- All meals include 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 Service or SPS Food Service
- Applications for free or reduced price meals can be submitted at any time during the school year
- Menu subject to change as needed.
- WG=Whole Grain, WW=Whole Wheat