

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
Meatless Monday **6**
 Italian Combo
 Marinara Sauce
 Seasoned Broccoli
 Black Bean Brownie
 Fruit Cocktail

WG Nacho Chips **7**
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese Sauce
 Brown Rice
 Refried Beans
 Orange Wedges

Twisted Mozzarella **8**
 Breadsticks
 Chicken Noodle Soup
 Marinara Sauce
 Orange Glazed Carrots
 Diced Pears

Popcorn Chicken **2**
 WW Dinner Roll
 Mashed Potatoes
 Corn
 Apples

Assorted Homemade Pizza **3**
 Sweet Potato Fries
 Crisp Romaine Salad
 Fruit Crisp

Meatless Monday **13**
 Broccoli Cheese Soup & Grinder
 Or
 Broccoli Cheese Soup, Salad, &
 Breadstick
 Grapes

WG Tortilla **14**
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese Sauce
 Brown Rice
 Refried Beans
 Pineapple Cups

WG Penne Pasta **15**
 Meatballs
 Marinara or Cheese Sauce
 Garlic & Herb Breadstick
 Green Beans
 100% Juice

French Toast Sticks **16**
 Hash Brown
 Cinnamon Carrots
 Chicken Sausage or Bacon
 Egg Patty
 100% Juice

Assorted Homemade Pizza **17**
 Crisp Romaine Salad
 Frozen Blueberries with
 Whipped Topping

No School
Chicken & Cheese **21**
 Or Cheese Quesadilla
 Taco Soup
 Brown Rice
 Refried Beans
 Orange Wedges

WG Penne Pasta **22**
 Meatballs
 Marinara or Cheese Sauce
 Garlic & Herb Breadstick
 Steamed Carrots
 Apples

Cherry Blossom or **23**
Firecracker Chicken
 Vegetable Fried Rice
 Green Beans
 Apple Grin Slices

French Bread Pizza **24**
 Crisp Romaine Salad
 Frozen Blueberries with
 Whipped Topping

Meatless Monday **27**
 Toasted Cheese Sandwich
 Creamy Tomato Soup
 Green Beans Italiano
 Sliced Peaches

WG Nacho Chips **28**
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese Sauce
 Brown Rice
 Refried Beans
 Orange Wedges

WG Rotini **29**
 Meatballs
 Marinara or Alfredo Sauce
 Garlic & Herb Breadstick
 Peas
 Apples

Chicken Tenders **30**
 WW Dinner Roll
 Potatoes Au Gratin
 California Blend Vegetables
 Apples

Assorted Homemade Pizza **31**
 Crisp Romaine Salad
 Frozen Blueberries with
 Whipped Topping

- 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 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

