

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.*

**HAPPY
NEW
YEAR**
No School

6
Twisted Mozzarella Breadsticks
Chicken Noodle Soup
Seasoned Broccoli
Black Bean Brownie
Fruit Cocktail

7
WG Nacho Chips
Seasoned Beef
Cheddar Cheese Sauce
Brown Rice
Refried Beans
Pineapple Cups

8
WG Rotini Pasta
Meatballs
Marinara or Alfredo Sauce
Green Beans
Orange Wedges

9
Popcorn Chicken
Mashed Potatoes
Corn
Gravy
Red or Green Grapes

10
Assorted Homemade
Pizza
Crisp Romaine Salad
Carrot Dippers
Pear Crisp

13
Meatless Monday
Cheese Bites
Cream of Potato
Orange Glazed Carrots
Diced Pears

14
Hamburger or Cheeseburger
On WW Bun
Baked Beans
Baked Apple Wedges

15
WG Rotini Pasta
Meatballs
Marinara or Alfredo Sauce
Broccoli
Clementines

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

17
Assorted Homemade
Pizza
Green Beans Italiano
Mixed Berry Crisp

I Have A Dream

Martin Luther King, Jr. Day
No School

21
WG Nacho Chips
Seasoned Beef
Cheddar Cheese Sauce
Brown Rice
Refried Beans
Pineapple Cups

22
WG Rotini Pasta
Meatballs
Marinara or Alfredo Sauce
California Blend Vegetables
Fresh Pears

23
Chicken Tenders
Broccoli Cheddar Soup
Crisp Romaine Salad
WW Dinner Roll
Applesauce

24
Assorted Homemade Pizza
Veggie Dipper Cups
Frozen Blueberries with Whipped
Topping

27
Meatless Monday
Toasted Cheese Sandwich
Creamy Tomato Soup
Seasoned Broccoli
Applesauce

28
Hot Dogs on
Whole Wheat Bun
Baked Beans
100% Juice

29
WG Penne Pasta
Meatballs
Marinara or Cheddar Cheese Sauce
Green Beans
Apples

30
Breaded or Glazed Chicken
Drumstick
Oven Fries
WG Honey Wheat Biscuit
Banana Split Cups

31
Assorted Homemade
Pizza
Crisp Romaine Salad
Carrot Dippers
Strawberries w/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 Service or SPS Food Service
- 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