

**Monday**

**2**  
 Chicken Stir Fry with Brown Rice  
 or  
 Vegetarian Lo Mein  
 Chinese Style Vegetables  
 Asian Bean Salad w/Carrots  
 Sliced Oranges & 100% Juice

**9**  
 Cheese Bites  
 Marinara Sauce  
 Garlic Knot  
 Roasted Cauliflower  
 Crisp Romaine Salad  
 Fruit Cocktail & 100% Juice

**16**  
 Italian Combo  
 Marinara Sauce  
 Garlic Knot  
 Seasoned Broccoli  
 Crisp Romaine Salad  
 Fruit Cocktail & 100% Juice

**23**  
 Chicken Stir Fry with Brown Rice  
 or  
 Vegetarian Lo Mein  
 Chinese Style Vegetables  
 Asian Bean Salad w/Carrots  
 Sliced Oranges & 100% Juice

**30**  
 Cheese Bites  
 Marinara Sauce  
 Garlic Knot  
 Roasted Cauliflower  
 Crisp Romaine Salad  
 Fruit Cocktail & 100% Juice

**Tuesday**

**3**  
 Bean Burrito Bowls  
 or  
 WG Nacho Chips  
 Seasoned Beef or Fajita Chicken  
 Fiesta Black Beans  
 Mexicali Corn  
 Strawberries & 100% Juice

**10**  
 Bean Burrito Bowls  
 or  
 WG Tortilla  
 Seasoned Beef or Fajita Chicken  
 Fiesta Black Beans  
 Mexicali Corn  
 Fresh Pineapple & 100% Juice

**17**  
 Bean Burrito Bowls  
 or  
 WG Nacho Chips  
 Seasoned Beef or Fajita Chicken  
 Fiesta Black Beans  
 Mexicali Corn  
 Strawberries & 100% Juice

**24**  
 Bean Burrito Bowls  
 or  
 WG Tortilla  
 Seasoned Beef or Fajita Chicken  
 Fiesta Black Beans  
 Mexicali Corn  
 Fresh Pineapple & 100% Juice

**31**  
 Bean Burrito Bowls  
 or  
 WG Nacho Chips  
 Seasoned Beef or Fajita Chicken  
 Fiesta Black Beans  
 Mexicali Corn  
 Strawberries & 100% Juice

**Wednesday**

**4**  
 Chicken or Eggplant  
 Parmesan  
 Homemade Italian Bread  
 Caesar Salad  
 Garlic Broccoli  
 Mixed Berry Crisp & 100% Juice

**11**  
 Spicy Chicken & Waffles  
 Tater Tots  
 Orange Glazed Carrots  
 Pear Crisp & 100% Juice

**18**  
 Chicken Tenders  
 Mashed Potatoes  
 Corn  
 Garlic Knot  
 Apple Slices & 100% Juice

**25**  
 Chicken or Eggplant  
 Parmesan  
 Homemade Italian Bread  
 Caesar Salad  
 Garlic Broccoli  
 Mixed Berry Crisp & 100% Juice

**Thursday**

**5**  
 Rodeo Burger or  
 Black Bean Patty  
 w/Crema Sauce  
 Ranch Potato Wedges  
 Broccoli Salad  
 Banana Split Cups &  
 100% Juice

**12**  
 Cherry Blossom or  
 Firecracker Chicken  
 Vegetable Fried Rice  
 Oriental Blend Vegetables  
 Sliced Peaches & 100% Juice

**19**  
 French Toast Sticks  
 Hash Brown  
 Cinnamon Carrots  
 Chicken Sausage or Bacon  
 Egg Patty  
 Clementines & 100% Juice

**26**  
 Boneless Wings  
 Roasted Ranch Potato Wedges  
 Carrot Sticks & Celery Sticks  
 Garlic Knots  
 Orange Wedges & 100% Juice

**Friday**

**6**  
 Homemade Pizza  
 Sweet Potato Fries  
 Mixed Green Salad  
 Homemade Ranch Dip  
 Black Bean Brownies  
 Fresh Kiwi & 100% Juice

**13**  
 Homemade Pizza  
 Sweet Potato Fries  
 Vegetable Dippers  
 Homemade Ranch Dip  
 Baked Apples & 100% Juice

**20**  
 Homemade Pizza  
 Sweet Potato Fries  
 Vegetable Dippers  
 Homemade Ranch Dip  
 Baked Apples & 100% Juice

**27**  
 Homemade Pizza  
 Sweet Potato Fries  
 Cucumber Dippers  
 Baked Apples & 100% Juice

**It's National Nutrition Month!**

- 3/2-3/6 is National School Breakfast Week AND SHS Health & Wellness Week
- 3/11 is Registered Dietitian-Nutritionist Day
- *All items in italics are new menu items. Come taste and let us know what you think!*



- 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 Service or SPS Food Service
- Menu subject to change as needed.
- WG=Whole Grain, WW=Whole Wheat