



This institution is an equal opportunity provider

# OCTOBER 2021

Stonington High School

ALL student meals are available  
at no cost through June 30, 2022!  
Adults-\$4.25

Monday

Tuesday

Wednesday

Thursday

Friday

4  
Chicken or Vegan Lo Mein  
Chinese-Style Vegetables  
Mixed Green Salad  
Locally Grown  
Whittle's Apples!  
100% Juice

5  
WG Nacho Chips  
Taco Beef or Fajita Chicken  
Brown Rice  
Fiesta Black Beans  
Salsa & Lettuce  
Strawberry Cups & 100% Juice

6  
Italian Chicken with  
Oregano & Lemon  
Brown Rice  
Seasoned Broccoli  
Roasted Butternut Squash  
Mixed Berry Crisp & 100% Juice

7  
Popcorn Chicken  
Mashed Potatoes  
Buttered Corn  
Gravy  
Dinner Roll  
Fresh Grapes & 100% Juice

1  
Homemade Pizza  
Sweet Potato Fries  
Veggie Dippers with  
Homemade Ranch  
Banana Split Cups  
100% Juice

8  
Homemade Pizza  
Sweet Potato Fries  
Veggie Dippers with  
Homemade Ranch  
Pineapple Cups  
100% Juice

11  
*No School*  
*Indigenous Peoples' Day*

12  
WG Nacho Chips  
Taco Beef or Fajita Chicken  
Brown Rice  
Cowboy Caviar  
Salsa & Lettuce  
Orange Wedges & 100% Juice

13  
*Early Release*  
Rodeo Burger or Black Bean Burger  
w/Crema Sauce  
Ranch Potato Wedges  
Broccoli Salad  
Strawberry Cups & 100% Juice

14  
BereBere Spiced Chicken  
Sweet Potato Fries  
w/Harissa Yogurt Dip  
Tomato & Cucumber Salad  
Dinner Roll  
Peach Cups & 100% Juice

15  
Sal's Pizza  
Oven-Baked Fries  
Veggie Dippers with  
Homemade Ranch  
Crisp Apple  
100% Juice

18  
French Toast Sticks  
Roasted Red Potatoes  
Honey Carrots  
Chicken Sausage  
Egg Patty  
Orange Wedges & 100% Juice

19  
WG Nacho Chips  
Taco Beef or Fajita Chicken  
Brown Rice  
Fiesta Black Beans  
Salsa & Lettuce  
Strawberry Cups & 100% Juice

20  
Chic'Penne or  
Chicken Tetrazzini  
Garlic Knot  
Seasoned Broccoli  
Kale Caesar Salad  
Apple Slices & 100% Juice

21  
General Tso's Chicken  
Vegetable Fried Rice  
Chinese Style Vegetables  
Edamame Salad  
Fresh Grapes  
100% Juice

22  
Homemade Pizza  
Sweet Potato Fries  
Veggie Dippers with  
Homemade Ranch  
Banana Split Cups  
100% Juice

25  
Twisted Mozzarella Breadsticks  
Homemade Chicken Noodle  
Soup  
Mixed Green Salad  
Seasoned Broccoli  
Fresh Pineapple & 100% Juice

26  
WG Nacho Chips  
Taco Beef or Fajita Chicken  
Brown Rice  
Cowboy Caviar  
Salsa & Lettuce  
Orange Wedges & 100% Juice

27  
Chicken or Eggplant Parm  
WG Pasta w/Marinara Sauce  
Garlic Knot  
Green Beans  
Crisp Caesar Salad  
Strawberry Cups & 100% Juice

28  
Chicken Tenders  
Garlic Mashed Potatoes  
Buttered Corn  
Garlic & Herb Breadstick  
Apple Slices  
100% Juice

29  
Sal's Pizza  
Oven-Baked Fries  
Veggie Dippers with  
Homemade Ranch  
Fresh Pear  
100% Juice

- All meals include protein, whole grains, fruit, vegetable, and fat-free flavored milk or 1% unflavored milk
- Visit [www.stoningtonschools.org/departments/food-services](http://www.stoningtonschools.org/departments/food-services) for more information
- Menu subject to change as needed without notice.
- WG=Whole Grain, WW=Whole Wheat

October is National Farm to School Month

- 10/4-8 CT Grown for CT Kids Week
- 10/11-15 Natl School Lunch Week

