

Monday
Tuesday
Wednesday
Thursday
Friday

4
 Chicken Drumstick
 Broccoli Salad
 Homemade Cornbread
 Locally Grown
 Whittle's Apples

5
 WG Nacho Chips
 Taco Beef
 Shredded Cheddar Cheese
 Brown Rice
 Refried Beans
 Strawberry Cups

6
 WG Penne Noodles
 Garlic Knot
 Meat Sauce or Marinara Sauce
 Seasoned Broccoli
 Orange Wedges

7
 Popcorn Chicken
 Mashed Potatoes
 Buttered Corn
 Gravy
 Dinner Roll
 Fresh Grapes

1
 Homemade Pizza
 Veggie Dippers with
 Homemade Ranch
 Banana Split Cups

8
 Homemade Pizza
 Veggie Dippers with
 Homemade Ranch
 Pineapple Cups

11
No School
Indigenous Peoples' Day

12
 WG Penne Noodles
 Garlic Knot
 Meat Sauce or Marinara Sauce
 Seasoned Broccoli
 Orange Wedges

13
Early Release
 Hamburger or
 Cheeseburger on
 WW Bun
 Oven Baked Fries
 Strawberry Cups

14
 Chicken Nuggets
 Sweet Potato Fries
 Seasoned Broccoli
 Peach Cups

15
 Sal's Pizza
 Veggie Dippers with
 Homemade Ranch
 Crisp Apple

18
 French Toast Sticks
 Hash Brown
 Honey Carrots
 Chicken Sausage
 Egg Patty
 100% Mango Wango Juice

19
 WG Nacho Chips
 Taco Beef
 Shredded Cheddar Cheese
 Brown Rice
 Salsa & Lettuce
 Strawberry Cups

20
 Chic'Penne or
 Penne with Red Sauce
 Garlic Knot
 Seasoned Broccoli
 Kale Caesar Salad
 Apple Slices

21
 Mandarin Orange Chicken
 Vegetable Fried Rice
 Chinese Style Vegetables
 Fresh Grapes

22
 Homemade Pizza
 Veggie Dippers with
 Homemade Ranch
 Pineapple Cups

25
 Toasted Cheese Sandwich
 Homemade Chicken
 Noodle Soup
 Seasoned Broccoli
 Orange Wedges

26
Early Release
 Chicken Patty or
 Grilled Chicken Sandwich
 Oven Fries
 Seasoned Green Beans
 Fresh Pineapple

27
Early Release
 All Beef Hot Dog on
 WW Bun
 Baked Beans
 Strawberry Cups

28
 Chicken Tenders
 Garlic Mashed Potatoes
 Buttered Corn
 Apple Slices

29
 Sal's Pizza
 Veggie Dippers with
 Homemade Ranch
 Crisp Apple

- All meals include protein, whole grains, fruit, vegetable, and fat-free flavored milk or 1% unflavored milk
- Visit 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