



This institution is an equal opportunity provider

OCTOBER 2021

Stonington Middle School

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

Monday

Tuesday

Wednesday

Thursday

Friday



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

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

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

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

1
Sal's Pizza
Sweet Potato Fries
Veggie Dippers with
Homemade Ranch
Banana Split Cups

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

11
No School
Indigenous Peoples' Day

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

13
Early Release
Rodeo Burger or Black Bean Burger
w/Crema Sauce
Ranch Potato Wedges
Broccoli Salad
Strawberry Cups

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

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

18
French Toast Sticks
Roasted Red Potatoes
Honey Carrots
Chicken Sausage
Egg Patty
Orange Wedges

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

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

22
Homemade Pizza
Sweet Potato Fries
Veggie Dippers with
Homemade Ranch
Pineapple Cups

25
WG Nacho Chips
Taco Beef or Fajita Chicken
Brown Rice
Cowboy Caviar
Salsa & Lettuce
Orange Wedges

26
Early Release
Twisted Mozzarella Breadsticks
Homemade Chicken Noodle
Soup
Seasoned Broccoli
Fresh Pineapple

27
Early Release
Chicken Patty or
Grilled Chicken Sandwich
Oven Fries
Seasoned Green Beans
Strawberry Cups

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

29
Sal's Pizza
Oven-Baked Fries
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