



LUNCH

This institution is an equal opportunity provider

# NOVEMBER 2021

Stonington Middle School

ALL student meals are available at no cost through June 30, 2022!

Adults-\$4.25

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1

3-Cheese Dipper Sandwich  
Homemade Tomato Soup  
Mixed Green Salad  
Crisp Apple

2

**No School**  
**Professional**  
**Development**

3

Chicken or Eggplant Parm  
Pasta w/Marinara Sauce  
Green Beans  
Caesar Salad  
Dinner Roll  
Sliced Peaches

4

Popcorn Chicken  
Homemade Mashed Potatoes  
Corn  
Gravy  
Dinner Roll  
Strawberry Cups

5

Sal's Pizza  
Veggie Dippers  
Crisp Romaine Salad  
Bananas  
100% Juice

8

Mozzarella Sticks  
Marinara Sauce  
Garlic & Herb WG Breadstick  
Seasoned Broccoli  
Grapes

9

WG Nacho Chips  
Taco Beef or Fajita Chicken  
Cheddar Cheese  
Brown Rice  
Refried Beans  
Mixed Fruit

10

WG Penne Pasta  
Meatballs  
Marinara  
Garlic Texas Toast  
Steamed Carrots  
Applesauce

11

**No School**  
**Veteran's Day**

12

Homemade Pizza  
Veggie Dippers  
Crisp Romaine Salad  
Mixed Berry Crisp

15

Maple French Toast Bake  
Hash Browns  
Honey Carrots  
Chicken Sausage  
Egg Patty  
Strawberry Cups

16

Cheesy Chicken or Vegetable  
Quesadilla  
Brown Rice  
Fiesta Black Beans  
Salsa & Lettuce  
Orange Wedges

17

WG Penne Pasta  
Meatballs  
Marinara  
Garlic & Herb Breadstick  
Steamed Carrots  
Sliced Peaches

18

Roasted Turkey  
Mashed Potatoes & Gravy  
Fresh Green Beans  
Cranberry Sauce  
WG Dinner Roll  
Pumpkin Bars & 100% Juice

19

Sal's Pizza  
Veggie Dippers  
Crisp Romaine Salad  
Bananas

22

Twisted Mozzarella Breadsticks  
Homemade Chicken Noodle  
Soup  
Seasoned Broccoli  
Pineapple Cups

23

WG Nacho Chips  
Taco Beef or Fajita Chicken  
Cheddar Cheese  
Brown Rice  
Refried Beans  
Mixed Fruit

24

**Early Release**  
Sal's Pizza  
Veggie Dippers  
Oven Fries  
100% Juice

25

**No School**  
**Thanksgiving Recess**

26

**No School**  
**Thanksgiving Recess**

29

3-Cheese Dipper Sandwich  
Homemade Butternut  
Squash Soup  
Mixed Green Salad  
Crisp Apple

30

Nachos with Diced Chicken  
Brown Rice  
Refried Beans  
Salsa & Lettuce  
Orange Wedges

- 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

