

BREAKFAST

This institution is an equal opportunity provider

DECEMBER 2021

Stonington High School

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

Adults-\$2.50

Monday

Tuesday

Wednesday

Thursday

Friday

Daily Choice **6**
 Winter Escape Smoothie
 Hot Breakfast Sandwich
 Cinnamon Roll
 Chef's Choice

Daily Choice **7**
 Hot Breakfast Sandwich
 Yogurt Parfait
 Honey Bun
 Chef's Choice

Daily Choice **8**
 Mint Chocolate Chip Smoothie
 Hot Breakfast Sandwich
 French Toast Sticks
 Chef's Choice

Daily Choice **9**
 Hot Breakfast Sandwich
 Homemade Muffin
 Yogurt Parfait
 Chef's Choice

Daily Choice **10**
 Brotein Smoothie
 Hot Breakfast Sandwich
 WG Donuts
 Chef's Choice

Daily Choice **13**
 Winter Escape Smoothie
 Hot Breakfast Sandwich
 Cinnamon Roll
 Chef's Choice

Daily Choice **14**
 Hot Breakfast Sandwich
 Yogurt Parfait
 Honey Bun
 Chef's Choice

Daily Choice **15**
 Mint Chocolate Chip Smoothie
 Hot Breakfast Sandwich
 French Toast Sticks
 Chef's Choice

Daily Choice **16**
 Hot Breakfast Sandwich
 Homemade Muffin
 Yogurt Parfait
 Chef's Choice

Daily Choice **17**
 Brotein Smoothie
 Hot Breakfast Sandwich
 WG Donuts
 Chef's Choice

Daily Choice **20**
 Winter Escape Smoothie
 Hot Breakfast Sandwich
 Cinnamon Roll
 Chef's Choice

Daily Choice **21**
 Hot Breakfast Sandwich
 Yogurt Parfait
 Honey Bun
 Chef's Choice

Daily Choice **22**
 Mint Chocolate Chip Smoothie
 Hot Breakfast Sandwich
 French Toast Sticks
 Chef's Choice

Daily Choice **23**
 Hot Breakfast Sandwich
 Homemade Muffin
 Yogurt Parfait
 Chef's Choice

24
No School
Winter Recess

27
No School
Winter Recess

28
No School
Winter Recess

29
No School
Winter Recess

30
No School
Winter Recess

31
No School
Winter Recess



- All breakfast meals include: 2 oz whole grains, ½ cup fruit & ½ cup 100% juice, and 8 fl oz low fat or fat-free milk
- Menu subject to change as needed without notice.
- WG=Whole Grain, WW=Whole Wheat, RS=Reduced Sugar