

BREAKFAST

This institution is an equal opportunity provider

JANUARY 2022

Stonington High

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

Adults-\$2.50

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Choice 3 Hot Breakfast Sandwich Pancakes Cinnamon Roll Chef's Choice	Daily Choice 4 Hot Breakfast Sandwich Homemade Muffin Yogurt Parfait Chef's Choice	Daily Choice 5 Hot Breakfast Sandwich Scrambled Eggs w/Toast Bagel w/Cream Cheese Chef's Choice	Daily Choice 6 Hot Breakfast Sandwich Homemade Muffin Yogurt Parfait Chef's Choice	Daily Choice 7 Strawberry Banana Smoothie Hot Breakfast Sandwich WG Donuts Chef's Choice
Daily Choice 10 Hot Breakfast Sandwich Pancakes Cinnamon Roll Chef's Choice	Daily Choice 11 Hot Breakfast Sandwich Homemade Muffin Yogurt Parfait Chef's Choice	Daily Choice 12 Hot Breakfast Sandwich Scrambled Eggs w/Toast Bagel w/Cream Cheese Chef's Choice	Daily Choice 13 Hot Breakfast Sandwich Homemade Muffin Yogurt Parfait Chef's Choice	Daily Choice 14 Strawberry Banana Smoothie Hot Breakfast Sandwich WG Donuts Chef's Choice
No School 17  <i>I Have A Dream</i> Martin Luther King, Jr. Day	Daily Choice 18 Hot Breakfast Sandwich Homemade Muffin Yogurt Parfait Chef's Choice	Daily Choice 19 Hot Breakfast Sandwich Scrambled Eggs w/Toast Bagel w/Cream Cheese Chef's Choice	Daily Choice 20 Hot Breakfast Sandwich Homemade Muffin Yogurt Parfait Chef's Choice	Daily Choice 21 Strawberry Banana Smoothie Hot Breakfast Sandwich WG Donuts Chef's Choice
Daily Choice 24 Hot Breakfast Sandwich Pancakes Cinnamon Roll Chef's Choice	Daily Choice 25 Hot Breakfast Sandwich Homemade Muffin Yogurt Parfait Chef's Choice	Daily Choice 26 Hot Breakfast Sandwich Scrambled Eggs w/Toast Bagel w/Cream Cheese Chef's Choice	Daily Choice 27 Hot Breakfast Sandwich Homemade Muffin Yogurt Parfait Chef's Choice	Daily Choice 28 Strawberry Banana Smoothie Hot Breakfast Sandwich WG Donuts Chef's Choice
Daily Choice 31 Hot Breakfast Sandwich Pancakes Cinnamon Roll Chef's Choice				

- 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