



This institution is an equal opportunity provider

JANUARY 2022

Stonington Middle School

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

Monday

3
3-Cheese Dipper Sandwich
Marinara Sauce
Seasoned Broccoli
Mixed Fruit

10
Mozzarella Stick
Marinara Sauce
Garlic Knot
Seasoned Broccoli
Hearty Minestrone Soup
Pineapple Cups

17
No School
I Have A Dream

Martin Luther King, Jr. Day

24
Twisted Mozz Breadstick
Chicken Noodle Soup
Garlic Broccoli
Clementines

31
3-Cheese Dipper Sandwich
Homemade Tomato Soup
Mixed Green Salad
Crisp Apple

Tuesday

4
WG Nacho Chips
Taco Beef or Fajita Chicken
Brown Rice
Refried Beans
Salsa & Lettuce
Strawberry Cups

11
WG Nacho Chips
Taco Beef or Fajita Chicken
Brown Rice
Salsa & Lettuce
Refried Beans
Apples

18
WG Nacho Chips
Taco Beef or Fajita Chicken
Brown Rice
Salsa & Lettuce
Refried Beans
Mixed Fruit

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

Wednesday

5
Chicken or Eggplant Parm
Pasta w/Marinara Sauce
Green Beans
Diced Pears

12
Early Release
WG Penne Pasta
Meatballs in Marinara Sauce
Garlic Texas Toast
Carrots
Sliced Peaches

19
WG Penne Pasta
Meatballs
Marinara Sauce
Garlic Texas Toast
Steamed Broccoli
Diced Pears

26
WG Penne Pasta
Meatballs
Marinara Sauce
Garlic Texas Toast
Steamed Carrots
Sliced Peaches

Thursday

6
Popcorn Chicken
Homemade Mashed Potatoes
Corn
Gravy
Dinner Roll
Fresh Grapes

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

20
French Toast Sticks
Hashbrown Patty
Honey Carrots
Chicken Sausage
Egg Patty
Orange Wedges

27
Chicken Tenders
WW Dinner Roll
Homemade Mashed Potatoes
Green Beans
Apples

Friday

7
Sal's Pizza
Cream of Chicken Soup
Crisp Romaine Salad
Bananas
100% Juice

14
Homemade Pizza
Veggie Dippers
Crisp Romaine Salad
Mixed Berry Crisp

21
Sal's Pizza
Broccoli Cheese Soup
Crisp Romaine Salad
Bananas
100% Juice

28
Homemade Pizza
Veggie Dippers
Crisp Romaine Salad
Mixed Berry Crisp

- 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

January is National Soup Month!
We will be featuring 1 soup every week to celebrate.