



This institution is an equal opportunity provider

# JANUARY 2022


Stonington High School

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

## Monday

**3**  
Tuscan Grilled Cheese Sandwich  
Seasoned Broccoli  
Mixed Fruit & 100% Juice

**10**  
Mozzarella Sticks  
Marinara Sauce  
Garlic Knot  
Parm Roasted Cauliflower  
Broccoli Cheese Soup  
Pineapple & 100% Juice

**17**  
*No School*  
*I Have A Dream*  
  
*Martin Luther King, Jr. Day*

**24**  
Twisted Mozzarella Breadsticks  
Homemade Chicken Noodle Soup  
Mixed Green Salad  
Seasoned Broccoli  
Blueberry Cups & 100% Juice

**31**  
Tuscan Grilled Cheese Sandwich  
Homemade Tomato Soup  
Mixed Green Salad  
Crisp Apple & 100% Juice

## Tuesday

**4**  
Nachos with Diced Chicken  
Brown Rice  
Fiesta Black Beans  
Salsa & Lettuce  
Strawberry Cups  
100% Juice

**11**  
WG Tortilla Chips  
Taco Beef or Fajita Chicken  
Brown Rice  
Refried Beans  
Salsa & Lettuce  
Fruit Salad & 100% Juice

**18**  
Quesadilla  
Brown Rice  
Fiesta Black Beans  
Taco Soup  
Orange Wedges & 100% Juice

**25**  
WG Nacho Chips  
Taco Beef or Fajita Chicken  
Brown Rice  
Fiesta Black Beans  
Salsa & Lettuce  
Orange Wedges & 100% Juice

## Wednesday

**5**  
Chicken or Eggplant Parm Sandwich  
Green Beans  
Crisp Caesar Salad  
Blueberry Cups & 100% Juice

**12**  
*Early Release*  
To Go Meals Available

**19**  
Italian Combo  
Garlic Texas Toast  
Seasoned Broccoli  
Mixed Green Salad  
Blueberry Cups & 100% Juice

**26**  
Italian Chicken with Oregano & Lemon  
Brown Rice  
Seasoned Broccoli  
Roasted Butternut Squash  
Fresh Apple & 100% Juice

## Thursday

**6**  
Popcorn Chicken  
Homemade Mashed Potatoes  
Corn  
Gravy  
Dinner Roll  
Fresh Grapes & 100% Juice

**13**  
Buffalo Chicken Dip Bake  
Tater Tots  
Celery & Carrot Sticks  
Honey Wheat Biscuit  
Fresh Apple & 100% Juice

**20**  
Teriyaki Chicken  
Vegetable Fried Rice  
Oriental Blend Vegetables  
Corn & Edamame Blend  
Apples & 100% Juice

**27**  
Chicken Tenders  
Garlic Mashed Potatoes  
Buttered Corn  
Garlic Knot  
Apple Slices  
100% Juice

## Friday

**7**  
Sal's Pizza  
Veggie Dippers  
Crisp Romaine Salad  
Bananas  
100% Juice

**14**  
Homemade Pizza  
Veggie Dippers  
Crisp Romaine Salad  
Mixed Berry Crisp  
100% Juice

**21**  
Sal's Pizza  
Veggie Dippers  
Crisp Romaine Salad  
Mixed Fruit  
100% Juice

**28**  
Homemade Pizza  
Veggie Dippers  
Crisp Romaine Salad  
Mixed Berry Crisp  
100% Juice

- 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

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

