



SEPTEMBER STONINGTON MIDDLE MENU

**-ALL SCHOOL MEALS-
ARE CURRENTLY FREE FOR
ALL STUDENTS
REGARDLESS OF ELIGIBILITY
THROUGH SEPT & OCT**

*Alternate Lunch
Options Available
Daily!*

- DAILY BREAKFAST CHOICES -

Monday

Hot Breakfast
Sandwich
Breakfast Bar
Chef's Choice

Tuesday

Hot Breakfast
Sandwich
Cinnamon Roll
Pancakes
Chef's Choice

Wednesday

Hot Breakfast
Sandwich
Strawberry Cream
Cheese Bagelfuls
Chef's Choice

Thursday

Hot Breakfast
Sandwich
Blueberry Muffin
Yogurt Parfait
Chef's Choice

Friday

Hot Breakfast
Sandwich
WG Donuts
Chef's Choice

*Welcome
Back!!*

9/06

Chicken Tenders
WW Dinner Roll
Tater Tots
Steamed Carrots
Grapes

9/07

**WG Pasta
w/ Meatballs**
Marinara Sauce
Green Beans
Mixed Fruit

9/08

**Hot Dog on
Whole Wheat Bun**
Oven Fries
Baked Beans
Watermelon

9/09

Choice of Pizza
Assorted Veggie
Dippers
Crisp Romaine Salad
Fruit & 100% Juice

9/12

**3-Cheese Dipper
Sandwich**
Marinara Sauce
Broccoli
Applesauce

9/13

**Nachos w/ Taco
Beef or Fajita
Chicken**
Refried Beans
Salsa & Lettuce
Orange Wedges

9/14

**WG Pasta
w/ Meatballs**
Marinara/Cheese
Sauce
Cucumber Slices
Pears

9/15

Chicken Drumstick
Honey Wheat Biscuit
Oven Fries
Roasted Chickpeas
Melon Slice

9/16

Choice of Pizza
Assorted Veggie
Dippers
Crisp Romaine Salad
Banana & 100% Juice

9/19

Brunch for Lunch!
French Toast Sticks
Egg/Sausage Patty
Hash Brown
Honey Carrots
100% Juice

9/20

**Nachos w/ Taco
Beef or Fajita
Chicken**
Refried Beans
Salsa & Lettuce
Grapes

9/21

**WG Rotini Pasta
w/ Meatballs**
Marinara Sauce
Broccoli
Mixed Fruit

9/22

**Chicken Patty
Sandwich**
Tater Tots
Baked Beans
Watermelon

9/23

Choice of Pizza
Assorted Veggie
Dippers
Crisp Romaine Salad
Fruit & 100% Juice

9/26

Mac & Cheese
Steamed Carrots
& Peas
Apple Slices

9/27

**WG Tortilla
Seasoned Beef or
Fajita Chicken**
Brown Rice
Refried Beans
100% Juice

9/28

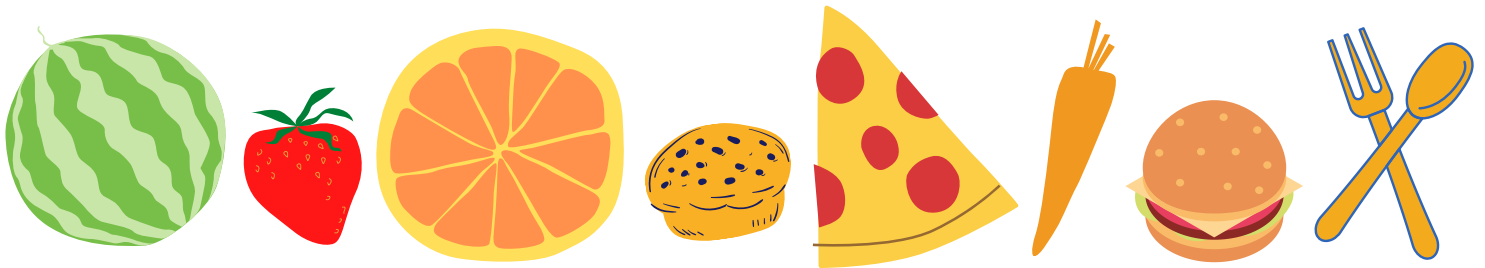
**WG Rotini Pasta
w/ Meatballs**
Marinara Sauce
Green Beans
Pears

9/29

Popcorn Chicken
Homemade Mashed
Potatoes
Corn
Grapes

9/30

Choice of Pizza
Assorted Veggie
Dippers
Crisp Romaine Salad
Banana & 100% Juice



SPS FOOD SERVICES - MIDDLE

BREAKFAST MEALS

INCLUDE 2 OZ WHOLE GRAINS,
½ CUP FRUIT, ½ CUP 100%
JUICE, AND 1 CUP LOW FAT
MILK

LUNCH MEALS

INCLUDE 2 OZ PROTEIN, 2 OZ
WHOLE GRAINS, FRUIT,
VEGETABLE, AND 1 CUP FAT-
FREE FLAVORED OR 1% MILK

DIETARY MODIFICATIONS

WE WORK WITH FAMILIES ON A VARIETY
OF DIETARY MODIFICATIONS INCLUDING
VEGETARIAN, GLUTEN FREE, DAIRY
FREE AND MORE!

FREE & REDUCED PRICE MEAL ELIGIBILITY

Due to funding from the State of Connecticut we are able to offer free meals to all students, regardless of eligibility, through at least September and October. We will notify families 30 days in advance when we plan to switch to paid, reduced-price, and free. Please continue to submit free/reduced price meal applications, especially if you've previously qualified or think you may qualify. If you receive SNAP benefits or certain types of Husky insurance you may automatically qualify. If you receive a notice from us stating this you do not need to submit an application.

CONTACT

STEPHANIE.DEASON@STONINGTONSCHOOLS.ORG
TO MAKE ARRANGEMENTS OR FOR ANY FOOD
SERVICES RELATED NEEDS!



<https://www.facebook.com/SPSFoodServices>



[spsfoodservices](https://www.instagram.com/spsfoodservices)

[HTTPS://WWW.STONINGTONSCHOOLS.ORG/DEPARTMENTS/FOOD-SERVICES](https://www.stoningtonschools.org/departments/food-services)

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER