



SEPTEMBER STONINGTON HIGH 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
WG Donut
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
Homemade Muffin
Yogurt Parfait
Chef's Choice

Friday

Hot Breakfast
Sandwich
WG Donut
Chef's Choice

*Welcome
Back!!*

9/06

Popcorn Chicken
Garlic & Herb
Breadstick
Tater Tots
Steamed Carrots
Apples & Juice

9/07

**Wild Mike's
Cheese Bites**
Marinara Sauce
Green Beans
Fruit Cup & Juice

9/08

**Hamburger
or Cheeseburger**
Oven Fries
Baked Beans
Watermelon
Juice

9/09

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

9/12

Mozzarella Sticks
Marinara Sauce
Garlic Knot
Broccoli
Mixed Greens Salad
Applesauce & Juice

9/13

**Nachos w/ Taco
Beef or Fajita
Chicken**
Rice & Black Beans
Salsa & Lettuce
Oranges & Juice

9/14

**Asian Chicken
Brown Rice**
Butternut Squash
Cucumber Slices
Pears & Juice

9/15

**Buffalo Chicken
Tot Bake**
Honey Wheat Biscuit
Carrots & Celery
Melon Slice & Juice

9/16

Choice of Pizza
Assorted Veggie
Dippers
Sweet Potato Fries
Banana & Juice

9/19

Brunch for Lunch!
French Toast Sticks
Egg/Sausage Patty
Roasted Potatoes
Honey Carrots
Fruit & Juice

9/20

**Chicken or
Vegetable
Quesadilla**
Refried Beans
Taco Soup
Grapes & Juice

9/21

**Rodeo Burger or
Black Bean Patty**
Ranch Potato
Wedges
Broccoli Salad
Mixed Fruit & Juice

9/22

Teriyaki Chicken
Vegetable Fried Rice
Asian Style Vegetables
Corn & Edamame
Blend
Watermelon & Juice

9/23

Choice of Pizza
Assorted Veggie
Dippers
Oven Fries
Fruit & Juice

9/26

**Twisted Mozzarella
Breadsticks**
Tomato Soup
Seasoned Broccoli
Apple Slices & Juice

9/27

**WG Tortilla
Seasoned Beef or
Fajita Chicken**
Brown Rice
Refried Beans
Fruit & Juice

9/28

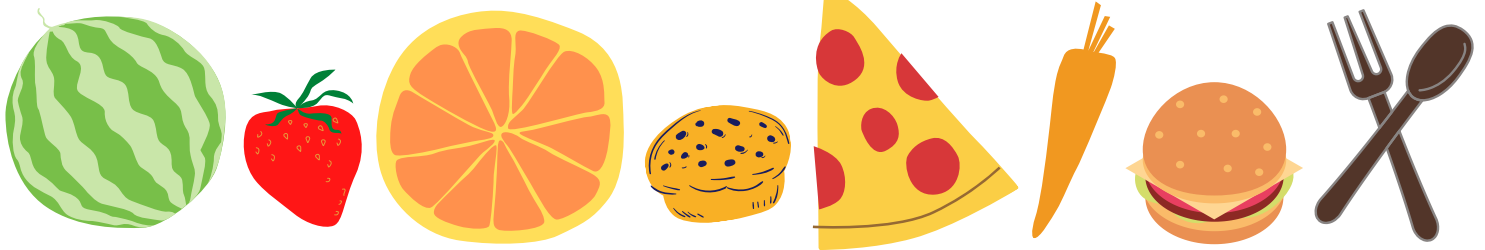
**Chicken or
Eggplant Parm
Sandwich**
Green Beans
Crisp Caesar Salad
Pears & Juice

9/29

Chicken Tenders
Breadstick
Garlic Mashed
Potatoes
Buttered Corn
Grapes & Juice

9/30

Choice of Pizza
Assorted Veggie
Dippers
Sweet Potato Fries
Banana & Juice



SPS FOOD SERVICES - HIGH SCHOOL

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