



OCTOBER STONINGTON HIGH MENU

Meal Prices:

Breakfast: \$2.00
 Reduced Price: \$0.30
 Lunch: \$3.25
 Reduced Price: \$0.40

*Alternate Lunch
 Options Available
 Daily!
 (see backside)*

- DAILY BREAKFAST CHOICES -

Monday

Hot Breakfast
 Sandwich
 Assorted Baked
 Goods
 Chef's Choice

Tuesday

Hot Breakfast
 Sandwich
 Assorted Baked Goods
 Pancakes
 Chef's Choice

Wednesday

Hot Breakfast
 Sandwich
 Assorted Baked
 Goods
 Chef's Choice

Thursday

Hot Breakfast
 Sandwich
 Assorted Baked Goods
 Yogurt Parfait
 Chef's Choice

Friday

Hot Breakfast
 Sandwich
 Assorted Baked
 Goods
 Chef's Choice

10/31

**Mozzarella Sticks
 w/ marinara**
 Garlic Knot
 Broccoli
 Fruit of the Day/Juice

11/01

**Beef or Chicken
 Nachos**
 Rice & Black Beans
 Salsa & Lettuce
 Fruit of the Day/Juice

11/02

**Rodeo Burger or
 Black Bean Patty**
 Steamed Carrots &
 Green Beans
 Fruit of the Day/Juice

11/03

Popcorn Chicken
 Garlic & Herb
 Breadstick
 Mashed Potatoes
 Corn
 Fruit of the Day/Juice

11/04

Choice of Pizza
 Assorted Veggie
 Dippers
 Hummus
 Fruit of the Day/Juice

11/07

**Wild Mike's
 Cheese Bltes**
 Marinara Sauce
 Broccoli
 Fruit of the Day/Juice

11/08



11/09

Shepherd's Pie
 Dinner Roll
 Savory Ground Beef
 w/ Corn
 & Mashed Potatoes
 Fruit of the Day/Juice

11/10

**General Tao's
 Chicken**
 Brown Rice
 California Veggie
 Blend
 Fruit of the Day/Juice

11/11



11/14

Brunch for Lunch!
 French Toast Sticks
 Egg OR Sausage
 Patty
 Hashbrown
 Fruit of the Day/Juice

11/15

**Soft Tortilla w/
 Seasoned Beef or
 Fajita Chicken**
 Refried Beans
 Salsa & Lettuce
 Fruit of the Day/Juice

11/16

**Chicken Parmesan
 Sandwich**
 Broccoli
 Fruit of the Day/Juice

11/17

Chicken Pot Pie
 Mashed Potatoes
 Holiday Feast
 Dessert
 Fruit of the Day/Juice

11/18

Choice of Pizza
 Assorted Veggie
 Dippers
 Oven Fries
 Fruit of the Day/Juice

11/21

Pancakes
 Egg OR Sausage Patty
 Roasted Potatoes
 Fruit of the Day/Juice

11/22

**Cheese or Fajita
 Chicken Quesadillas**
 Rice & Black Beans
 Salsa
 Fruit of the Day/Juice

11/23

Choice of Pizza
 Assorted Veggie
 Dippers
 Oven Fries
 Fruit of the Day/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

Daily Pasta Bar & Deli

- Entrée Salads
- Parfaits
- Assorted deli sandwiches

Daily Grill

- Regular/Spicy Chicken Sandwich
- Pizza
- Cheeseburger
- Grilled Cheese

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

If you receive SNAP benefits or HUSKY A you may already be directly certified through the state for free or reduced price meals. Check your primary school contact email for a notification letter by searching your mailbox for "School meals eligibility."

If you think you may qualify please submit a free/reduced price meal application which may be obtained on our website or at the school's office.

CONTACT

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



[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