



NOVEMBER STONINGTON MIDDLE MENU

Meal Prices:

Breakfast: \$2.00
 Reduced Price: \$0.30
 Lunch: \$3.10
 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**
Broccoli
Fruit of the Day/Juice

11/01

**Regular or Spicy
Chicken Sandwich**
Mashed Potatoes
Corn
Fruit of the Day/Juice

11/02

Pasta w/ Meatballs
Alfredo Sauce
Green Beans
Fruit of the Day/Juice

11/03

Hot Dog
Steamed Carrots
Baked Beans
Fruit of the Day/Juice

11/04

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

11/07

**Cheese or Veggie
Quesadilla**
Black Beans
Corn
Fruit of the Day/Juice

11/08

*No
School*

11/09

**Pasta
w/ Meat Sauce**
Broccoli
Veggie Dippers
Fruit of the Day/Juice

11/10

**Chicken Bacon
Ranch Flatbread**
Steamed Carrots
Fries
Fruit of the Day/Juice

11/11

*No
School*

11/14

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

11/15

Beef Tacos
Brown Rice
Salsa & Lettuce
Fruit of the Day/Juice

11/16

Pasta w/ Meatballs
Marinara or Alfredo
Sauce
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
Hummus
Fruit of the Day/Juice

11/21

Mac 'n' Cheese
Green Beans
Tater Tots
Fruit of the Day/Juice

11/22

**Fajita Chicken
Nachos**
Black Beans
Corn
Fruit of the Day/Juice

11/23

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



SPS FOOD SERVICES



MIDDLE SCHOOL

BREAKFAST MEALS

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

LUNCH MEALS

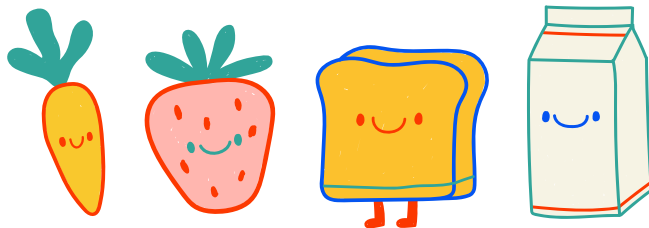
INCLUDE 2 OZ PROTEIN, 2 OZ WHOLE GRAINS, FRUIT, VEGETABLE, AND 1 CUP FAT-FREE FLAVORED OR 1% MILK

Daily
Alternate
Choices:

- Bone Builder Boxes
- Assorted deli sandwiches
- PBJ/Fluff Sandwich
- Entrée Salads

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