



JANUARY STONINGTON HIGH MENU

Free meals for all 1/03-1/18!!!

Meal Prices (1/19 and onward):

- 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



1/03

**Cheese or Veggie
Quesadilla**
Black Beans
Salsa & Lettuce
Fruit of the Day/Juice

1/04

**Rodeo Burger or
Black Bean Patty**
Steamed Broccoli
Fruit of the Day/Juice

1/05

Popcorn Chicken
Dinner Roll
Mashed Potatoes
Corn
Fruit of the Day/Juice

1/06

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

1/09

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

1/10

Chicken Soft Tacos
Refried Beans
Salsa & Lettuce
Fruit of the Day/Juice

1/11

**Steak 'n'
Cheese Sub**
Broccoli
Tater Tots
Fruit of the Day/Juice

1/12

Orange Chicken
Veggie "Fried" Rice
California Blend
Veggies
Fruit of the Day/Juice

1/13

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



1/17

Beef Nachos
Black Beans
Salsa & Lettuce
Fruit of the Day/Juice

1/18

**Chicken Parmesan
Sandwich**
Crisp Romaine Salad
Fruit of the Day/Juice

1/19

**BBQ Chicken
Drumstick**
Dinner Roll
Mashed Potatoes
Corn
Fruit of the Day/Juice

1/20

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

1/23

Brunch for Lunch!
Regular/Spicy
Chicken & Waffles
Roasted Potatoes
Fruit of the Day/Juice

1/24

Mozzarella Sticks
w/ marinara sauce
Green Beans &
Carrots
Fruit of the Day/Juice

1/25

**Hot Dog w/
Chili & Cheese**
Sweet Potato Fries
Fruit of the Day/Juice

1/26

Teriyaki Chicken
Veggie "Fried" Rice
Broccoli
Fruit of the Day/Juice

1/27

Choice of Pizza
Assorted Veggie
Dippers
Hummus
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!



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

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.

ONLINE PORTAL:

<https://stonington.familyportal.cloud/>

Online payments, review purchases, and more!



[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

