



JANUARY STONINGTON MIDDLE MENU

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

Meal Prices (1/19 and onward):

- 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



1/03

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

1/04

**Pasta w/
Meatballs**
Broccoli
Fruit of the Day/Juice

1/05

Popcorn Chicken
Dinner Roll
Steamed Carrots
Fries or Wedges
Fruit of the Day/Juice

1/06

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

1/09

Brunch for Lunch!
Pancakes
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

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

1/12

**Steak 'n' Cheese
Sub**
Oven Fries
Baked Beans
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

**Pasta w/
Alfredo Chicken**
Broccoli
Fruit of the Day/Juice

1/19

**Chicken Parmesan
Sandwich**
Green Beans &
Carrots
Fruit of the Day/Juice

1/20

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

1/23

Brunch for Lunch!
Regular/Spicy
Chicken & Waffles
Tater Tots
Fruit of the Day/Juice

1/24

Mozzarella Sticks
w/ marinara sauce
Garden Salad
Fruit of the Day/Juice

1/25

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

1/26

**Hamburger or
Cheeseburger**
Oven Fries
Mixed Veggies
Fruit of the Day/Juice

1/27

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

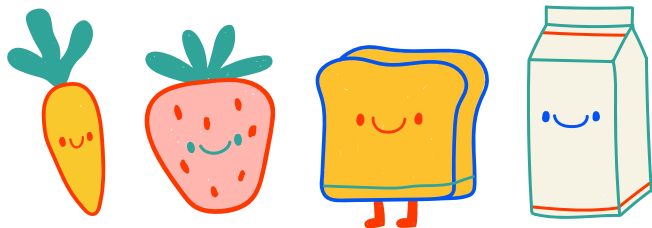
INCLUDE 2 OZ PROTEIN, 2 OZ WHOLE
GRAINS, FRUIT, VEGETABLE, AND 1
CUP FAT-FREE FLAVORED OR 1% MILK

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!



CONTACT [STEPHANIE.DEASON
@STONINGTONSCHOOLS.ORG](mailto: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

