



Breakfast and Lunch is now **FREE!!** For ALL students, regardless of eligibility, through the end of the current school year!

# MAY STONINGTON HIGH MENU



## - DAILY BREAKFAST CHOICES -

Monday

Hot Breakfast  
Sandwich  
Assorted Baked Goods  
Chef's Choice

5/01

Tuesday

Hot Breakfast  
Sandwich  
Assorted Baked Goods  
Pancakes  
Chef's Choice

5/02

Wednesday

Hot Breakfast  
Sandwich  
Assorted Baked Goods  
Chef's Choice

5/03

Thursday

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

5/04

Friday

Hot Breakfast  
Sandwich  
Assorted Baked Goods  
Chef's Choice

**SCHOOL LUNCH HERO DAY**

**Brunch for Lunch!**  
Pancakes  
Egg OR Sausage Patty  
Hash Brown  
Fruit of the Day/Juice

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

**Meatball Sub**  
Crisp Garden Salad  
Fruit of the Day/Juice

**BBQ Roasted Chicken**  
Dinner Roll  
Mashed Potatoes  
Steamed Veggies  
Fruit of the Day/Juice

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

5/08

**Mac 'n' Cheese w/ BBQ Pulled Pork**  
Sweet Potato Fries  
Fruit of the Day/Juice

5/09

**Chicken or Beef Tacos**  
Refried Beans  
Salsa & Lettuce  
Fruit of the Day/Juice

5/10

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

5/11

**General Tso's Chicken**  
Veggie "Fried" Rice  
California Blend Veggies  
Fruit of the Day/Juice

5/12

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

5/15

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

5/16

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

5/17

**Rodeo Burger**  
Mixed Veggie Medley  
Fruit of the Day/Juice

5/18

**Turkey Dinner**  
Stuffing  
Mashed Potatoes  
Corn  
Fruit of the Day/Juice

5/19

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

5/22

**Manager's Choice Chicken Special**  
Offering of veggies  
Fruit of the Day/Juice

5/23

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

5/24

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

5/25

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

5/26

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

5/30

**Chicken or Beef Tacos**  
Refried Beans  
Salsa & Lettuce  
Fruit of the Day/Juice

5/31

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

6/01

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

6/02

**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 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*

