



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

**MAY**

STONINGTON MIDDLE MENU



**- 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

5/01

**Brunch for Lunch!**

Pancakes  
Egg OR Sausage Patty  
Hash Brown  
Fruit of the Day/Juice

5/02

**Cheese Quesadilla**

Black Beans  
Lettuce & Salsa  
Fruit of the Day/Juice

5/03

**Pasta w/  
Meat Sauce**

Broccoli  
Fruit of the Day/Juice

5/04

**Mini Corn Dogs**

Fries or Wedges  
Steamed Veggies  
Fruit of the Day/Juice

**SCHOOL LUNCH  
HERO DAY**

**Choice of Pizza**

Assorted Veggie  
Dippers  
Hummus  
Fruit of the Day/Juice

5/08

**Grilled Cheese  
Sandwich**

Steamed Veggies  
Fruit of the Day/Juice

5/09

**Chicken or  
Beef Tacos**

Refried Beans  
Salsa & Lettuce  
Fruit of the Day/Juice

5/10

**Cheese Ravioli**

w/ marinara sauce  
Broccoli  
Fruit of the Day/Juice

5/11

**Popcorn Chicken**

Dinner Roll  
Mashed Potatoes  
Corn  
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  
Tater Tots  
Fruit of the Day/Juice

5/16

**Chicken or  
Beef Nachos**

Black Beans  
Salsa & Lettuce  
Fruit of the Day/Juice

5/17

**Chicken Alfredo  
Pasta**

Broccoli  
Fruit of the Day/Juice

5/18

**Hot Dog w/  
Cheese/Chili**

Sweet Potato Fries  
Steamed Veggies  
Fruit of the Day/Juice

5/19

**Choice of Pizza**

Assorted Veggie  
Dippers  
Hummus  
Fruit of the Day/Juice

5/22

**Mac 'n' Cheese**

Fries or Wedges  
Steamed Veggies  
Fruit of the Day/Juice

5/23

**Chicken or Beef  
"Walking" Taco**

Refried Beans  
Lettuce & Salsa  
Fruit of the Day/Juice

5/24

**Brunch for Lunch!**

Chicken & Waffles  
Tater Tots  
Fruit of the Day/Juice

5/25

**Hamburger or  
Cheeseburger**

Broccoli  
Fruit of the Day/Juice

5/26

**Choice of Pizza**

Assorted Veggie  
Dippers  
Hummus  
Fruit of the Day/Juice

5/30

**Cheese Quesadilla**

Black Beans  
Salsa & Lettuce  
Fruit of the Day/Juice

5/31

**Cheese Lasagna**

Broccoli  
Fruit of the Day/Juice

6/01

**Regular or Spicy  
Chicken Sandwich**

Sweet Potato Fries  
Steamed Veggies  
Fruit of the Day/Juice

6/02

**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

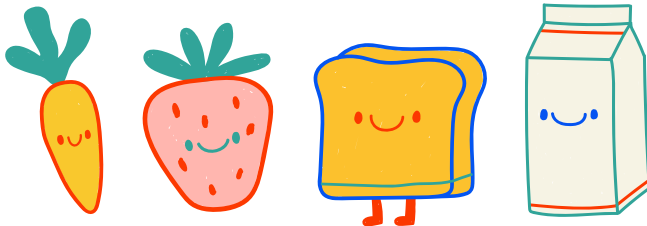
INCLUDE 2 OZ PROTEIN, 2 OZ WHOLE  
GRAINS, FRUIT, VEGETABLE, AND 1  
CUP FAT-FREE FLAVORED OR 1% MILK

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 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

