



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

**MAY**

**DEANS MILL 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  
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  
Salsa & Lettuce  
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**

**Wild Mike's Cheesy Bites**  
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**

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

**5/18**

**Chicken Patty Sandwich**  
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

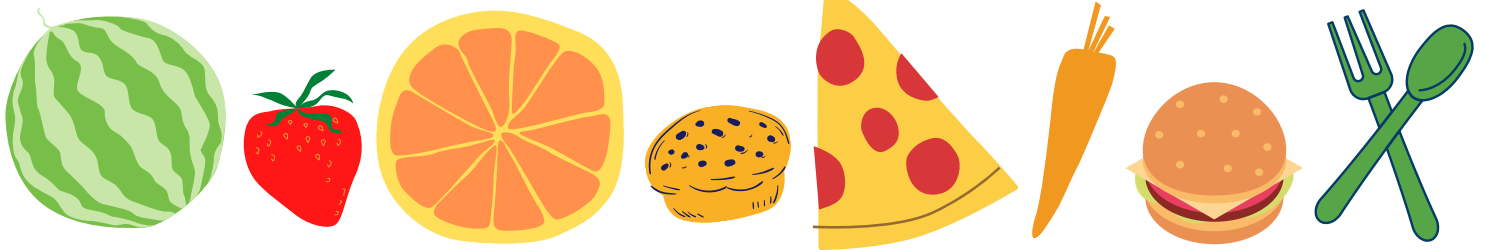
**6/01**

**Hot Dog**  
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 - ELEMENTARY

## 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: PB-Fluff-& J, Bone Builders

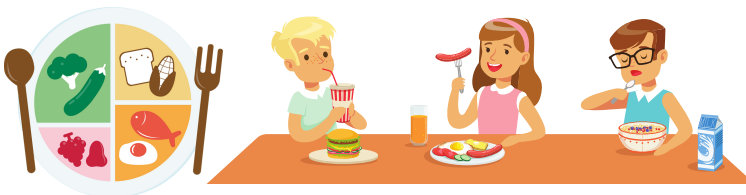
## DIETARY MODIFICATIONS

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 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!

## ONLINE PORTAL:

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

Online payments, review purchases,  
and more!



<https://www.facebook.com/SPSFoodServices>



spsfoodservices



[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*