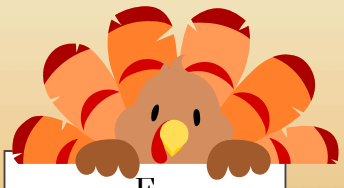
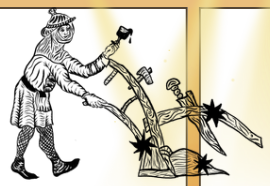
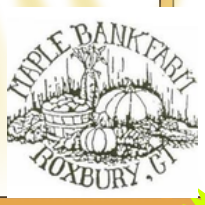
November 2026

Lunch Meal Prices
Reduced: FREE
Full Pay: $3.75

Online Payments
myPayments plus

MIDDLE SCHOOL GLUTEN FREE LUNCH



M	T	W	T	F
Farm to School Spotlight  **Hungry Reaper Farm**				
2 Ham and Cheese Sandwich on GF Bread Potato Wedges		NEW 4 GF Chicken Penne Alfredo GF Bread Slice Steamed Broccoli*	5 GF Chicken Tenders with Sweet and Sour Sauce Brown Rice "Local" Bok Choy*	6 GF Cheese Pizza or GF Pepperoni Pizza Caesar Salad* (no croutons)
9 GF Mac and Cheese Steamed Peas	10 GF Pancakes Egg Patty Hash Brown Maple Syrup		12 Beef Nachos Corn and Black Bean Salad Salsa, Cheddar Cheese	13 GF Cheese Pizza Garden Salad with Ranch Dressing*
16 Turkey and Cheese Sandwich on GF Bread Potato Wedges "Pizza" Green Beans	17 GF Pancakes Chicken Sausage Patties Hash Brown Maple Syrup	18 Hamburger on GF Bun Oven Baked Fries "Local" Roasted Butternut Squash*	19 Sausage, Egg and Cheese on GF Bagel Tater Tots Warm Cinnamon Apples **Early Dismissal**	20 GF Cheese Pizza Garden Salad with Ranch Dressing*
23 GF Chicken Tenders Mashed Potatoes Steamed Corn Thanksgiving Treat	24 GF Waffles Pork Sausage Link Tater Tots Maple Syrup			
30 Turkey and Cheese Sandwich on GF Bread Sweet Potato Fries Italian Green Beans				***Fresh Produce Used**

Offered Daily: Rainbow Veggie Tray, Assorted Fresh and Canned Fruit, Unflavored and Flavored Milk

Menu is subject to change.
Please inform food service staff of any allergies before ordering.

This institution is an equal opportunity provider.

To contact Food Services - Call 860-628-3286 x21221 or
nmaxellon@southingtonschools.org
Nicole Maxellon, Food Service Director