

October 2017
HIGH SCHOOL LUNCH MENU
Stonington School Nutrition
Student Price- \$3.25 Adult Price-\$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Tenders Mashed Potatoes Gravy Dinner Roll Fruit & 100% Juice	3 Cherry Blossom or Firecracker Chicken Brown Rice Oriental Vegetables Fruit & 100% Juice	4 Mozz Sticks Breadstick Marinara Steamed Carrots Fruit & 100% Juice	5 Nachos Chicken or Beef Rice Refried beans Fruit & 100% Juice	6 Assorted homemade pizza Romaine salad Grape tomatoes Fruit & 100% juice
9 <i>No School</i> <i>Columbus Day</i>	10 Regular or Spicy Chicken Patties on Whole Wheat Bun Oven or Sweet Potato Fries Fruit	11 Bacon Cheeseburger or Veggie Burger Seasoned Fries Broccoli Fruit & 100% juice	12 Nachos Chicken or Beef Rice Refried beans Fruit & 100% Juice	13 Assorted homemade pizza Mixed greens salad Grape tomatoes Fruit & 100% juice
16 Boneless Wings Brown Rice Seasoned French Fries Green Beans	17 Chicken Alfredo Broccoli Breadstick Fruit & 100% Juice	18 Mozz Sticks Marinara Sauce Steamed Carrots Breadstick Fruit & 100% Juice	19 QUESADILLAS Chicken & Cheese or Cheese Brown Rice Refried beans Fruit & 100% Juice	20 Assorted homemade pizza Mixed greens salad Grape tomatoes Fruit & 100% juice
23 Pancakes Hashbrown Turkey Sausage Links or Turkey Bacon Egg Patty Fruit & 100% Juice	24 Regular or Spicy Chicken Patties on Whole Wheat Bun Oven or Sweet Potato Fries Fruit	25 Mac & Cheese Broccoli Breadstick Fruit & 100% Juice	26 Soft Taco Chicken or Beef Rice Refried beans Fruit & 100% Juice	27 Assorted homemade pizza Mixed greens salad Grape tomatoes Fruit & 100% juice
30 Chicken Tenders Mashed Potatoes Gravy Dinner Roll Fruit & 100% Juice	31 <i>Spooky Mozz Sticks</i> Marinara Sauce Broccoli Sidekicks Juice Cup Garlic & Herb Breadstick Fruit & 100% Juice	Help us celebrate National School Lunch Week October 9-13! We will be hosting a Harvest of the Month taste test of <i>KALE CHIPS</i> and having “guest servers” in the cafeteria!		

ALL LUNCHES INCLUDE:

Entrée: protein, grain, choice 1% white or fat free flavored milk, daily fruit and vegetables!!!
 Daily Alternative Entrees: Peanut butter or cheese sandwich; daily fruit, vegetable, and milk included with meal.
 Please feel free to contact me via phone or email with any questions or concerns you may have.

Becky Fowler, Director of School Nutrition

Becky.fowler@stoningtonschools.org or (860) 599-0766