

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**


**5**  
 Chicken Tenders  
 Mashed Potatoes  
 Dinner Roll  
 Green Beans  
 Pears  
 100% Juice

**6**  
**Early Release**  
**No Lunch Served**

**7**  
 French Toast Sticks  
 Hash Brown  
 Cinnamon Carrots  
 Chicken Sausage or Bacon  
 Egg Patty  
 Sliced Melon  
 100% Juice

**1**  
 Pulled Pork  
 On WW Bun  
 Tater Tots  
 Baked Beans  
 Watermelon  
 100% Juice

**2**  
 Pepperoni or Cheese  
 Calzone  
 Sweet Potato Fries  
 Cucumber Dippers  
 Kiwi  
 100% Juice

**8**  
 Mac & Cheese  
 California Blend Vegetables  
 Crisp Romaine Salad  
 Garlic & Herb Breadstick  
 Apple Grin Slices  
 100% Juice

**9**  
 Homemade Meat or Veggie Pizza  
 Sweet Potato Fries  
 3-Bean Salad  
 Pineapple  
 100% Juice

**12**  
**No School**  
**Veteran's Day**  
**Observance**

**13**  
 WW Tortilla  
 Seasoned Beef or Fajita Chicken  
 Cheddar Cheese  
 Brown Rice  
 Refried Beans  
 Salsa  
 Strawberries

**14**  
 Steak & Cheese or  
 Meatball Grinders  
 Ranch Potato Wedges  
 Seasoned Broccoli  
 Orange Slices  
 100% Juice

**15**  
**Thanksgiving Meal**  
 Turkey Roast  
 Mashed Potatoes & Gravy  
 Roasted Butternut Squash  
 Cranberry Sauce  
 Dinner Roll  
 100% Juice

**16**  
 Pepperoni or Cheese  
 Calzone  
 Sweet Potato Fries  
 Cucumber Dippers  
 Kiwi  
 100% Juice

**19**  
 Cherry Blossom or  
 Firecracker Chicken  
 Brown Rice  
 Oriental Blend Vegetables  
 Applesauce  
 100% Juice

**20**  
 WG Nacho Chips  
 Seasoned Beef or Fajita Chicken  
 Cheddar Cheese  
 Brown Rice  
 Refried Beans  
 Salsa  
 Strawberries

**21**  
**Early Release**  
**No Lunch Served**

**22**  
**No School**  
**Thanksgiving Recess**

**23**  
**No School**  
**Thanksgiving Recess**

**26**  
 Regular or Spicy  
 Chicken Patty  
 On WW Bun  
 Oven Roasted Potato Wedges  
 Steamed Carrots  
 Diced Pears  
 100% Juice

**27**  
 WW Tortilla  
 Seasoned Beef or Fajita Chicken  
 Cheddar Cheese  
 Brown Rice  
 Refried Beans  
 Salsa  
 Strawberries

**28**  
 Mozzarella Sticks  
 Marinara Sauce  
 Garlic & Herb WG Breadstick  
 Seasoned Broccoli  
 Fruit Cocktail  
 100% Juice

**29**  
**Loaded Waffle Fries**  
 Waffle Cut Fries  
 3-Bean Chili & Cheese  
 Steamed Broccoli  
 Dinner Roll  
 Applesauce  
 100% Juice

**30**  
 Homemade Meat or Veggie Pizza  
 Sweet Potato Fries  
 Cucumber Dippers  
 Pineapple  
 100% Juice

- All daily and alternative meals include a minimum of 2 oz protein, 2 oz whole grains, fruit, vegetable, and 8 fl oz fat-free flavored milk or 1% unflavored milk
- Available daily: Chef Salad, Made-to-Order Deli Sandwiches & Wraps, Pizza, Pasta
- Menu subject to change as needed.
- WG=Whole Grain and WW=Whole Wheat
- Please contact Becky Fowler, Director of School Nutrition, [becky.fowler@stoningtonschools.org](mailto:becky.fowler@stoningtonschools.org) or (860) 599-0766 with any questions or concerns