

Monday

1
 Loaded Waffle Fries
 Waffle Cut Fries
 3-Bean Chili & Cheese
 Steamed Broccoli
 Dinner Roll
 Applesauce
 100% Juice

Tuesday

2
 WG Nacho Chips
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese
 Brown Rice
 Refried Beans
 Salsa
 Strawberries

Wednesday

3
 Mozzarella Sticks
 Marinara Sauce
 Garlic & Herb WG Breadstick
 Seasoned Broccoli
 Fruit Cocktail
 100% Juice

Thursday

4
 Pulled Pork
 On WW Bun
 Tater Tots
 Baked Beans
 Watermelon
 100% Juice

Friday

5
 Homemade Meat or Veggie Pizza
 Sweet Potato Fries
 Cucumber Dippers
 Kiwi
 100% Juice

8

**Columbus Day
 No School**

9
 WG Nacho Chips
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese
 Brown Rice
 Refried Beans
 Salsa
 Strawberries

10

Hamburger
 or Cheeseburger
 On WW Bun
 Sweet Potato Fries
 Baked Beans
 Diced Peaches
 100% Juice

11

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

12

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

15

Chicken Tenders
 Mashed Potatoes
 Dinner Roll
 Seasoned Broccoli
 Pears
 100% Juice

16
 WG Nacho Chips
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese
 Brown Rice
 Refried Beans
 Salsa
 Fresh Oranges & 100% Juice

17

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

18

Spicy Chicken & Waffles
 Hash Brown Patty
 Cinnamon Carrots
 Fresh Strawberries
 100% Juice

19

Homemade Meat or Veggie Pizza
 Sweet Potato Fries
 Cucumber Dippers
 Kiwi
 100% Juice

22

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

23
 WG Nacho Chips
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese
 Brown Rice
 Refried Beans
 Salsa
 Strawberries

24

Rodeo Burger*
 or Cheeseburger
 On WW Bun
 Sweet Potato Fries
 Baked Beans
 Watermelon Slices
 100% Juice

25

Pancakes
 Hash Brown
 Cinnamon Carrots
 Chicken Sausage or Bacon
 Egg Patty
 Fresh Strawberries
 100% Juice

26

Homemade Meat or Veggie Pizza
 Sweet Potato Fries
 Cucumber Dippers
 Diced Peaches
 100% Juice

29

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

30
 WG Nacho Chips
 Seasoned Beef or Fajita Chicken
 Cheddar Cheese
 Brown Rice
 Refried Beans
 Salsa
 Strawberries

31

Howling Hot Dogs
 Beef Hot Dogs on
 WW Bun
 Screaming Chili
 Ghoulish Grins
 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, Deli Sandwich, Pizza, Pasta, Hot Sandwiches & Wraps
- Menu subject to change as needed.
- WG=Whole Grain and WW=Whole Wheat
- *Rodeo burger is a cheeseburger that has an onion ring and BBQ sauce on it.
- Please contact Becky Fowler, Director of School Nutrition, becky.fowler@stoningtonschools.org or (860) 599-0766 with any questions or concerns