

Vegan and vegetarian entrees available daily!

# February 2012

## HIGH SCHOOL LUNCH MENU

### Stonington School Nutrition

**BREAKFAST  
SERVED  
DAILY  
\$1.50**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Assorted Calzones Marinara sauce Fresh veggie dippers Fresh fruit	<b>2</b> Nachos or soft tortilla with seasoned beef or chicken Refried beans Steamed brown rice Shredded lettuce, tomato & cheese Fresh fruit	<b>3</b> Assorted freshly prepared pizza Fresh veggie dippers Shape ups
<b>6</b> Cheeseburger on a whole grain bun Oven fries Condiments lettuce and tomato Fresh fruit	<b>7</b> Toasted cheese flatbread sandwich Home style soup Veggies with dip Assorted Fruit	<b>8</b> Beef tips and gravy Baked potato bar Assorted toppings Steamed broccoli Dinner Roll Fruit	<b>9</b> Chicken or cheese quesadilla Refried beans Steamed brown rice Shredded lettuce, tomato & cheese Fresh fruit	<b>10</b> Assorted freshly prepared Pizza Fresh veggie dippers Chilled pear slices
<b>White or chocolate ½ pint 1% low-fat or skim milk is offered with all meals</b>				
<b>13</b> Brunch 4 lunch Whole grain pancakes Oven roasted red potatoes Savory sausage Assorted 100% juice	<b>14</b> Chicken patty sandwich on a bun Oven fries Lettuce, tomato and cheese Fresh apple	<b>15</b> Popcorn chicken Assorted dipping sauce Brown rice Stir fry vegetables Pineapple	<b>16</b> Nachos or soft tortilla with seasoned beef or chicken Refried beans Steamed brown rice Shredded lettuce, tomato & cheese Fresh fruit	<b>17</b> Assorted freshly prepared Pizza Veggie dippers Chilled peach slices
<b>20</b>	<b>21</b>	<b>22</b> Assorted Calzones Marinara sauce Fresh veggie dippers Fresh fruit	<b>23</b> Nachos or soft tortilla with seasoned beef or chicken Refried beans Steamed brown rice Shredded lettuce, tomato & cheese Fresh fruit	<b>24</b> Assorted freshly prepared Veggie dippers Apple
<b>President's Day Recess No school!</b>				
<b>27</b> Mozzarella sticks Marinara sauce WW Bread stick Seasoned green beans Fresh fruit	<b>28</b> Foot long hot dog Baked potato wedge Baked beans Seasoned corn Fresh fruit	<b>29</b> Oven roasted chicken Whipped potatoes Gravy Steamed broccoli Dinner Roll Fruit	Lunch Price \$2.75 Monthly 52.25 February is heart health month! Visit our web page <a href="http://stonington.org/nutrition">stonington.org/nutrition</a> to read this month's blog and all of our health and wellness newsletters. Remember to check account balances anytime by using EZPay	

**Also offering –Salad bar, pasta bar, grinder bar, wrap specials, soup specials and much more!**