

Vegan and vegetarian entrees available daily!

January 2012

HIGH SCHOOL LUNCH MENU

Stonington School Nutrition

**BREAKFAST
SERVED
DAILY
\$1.50**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 No School today!</p>	<p>3 Mozzarella sticks Marinara sauce Wholegrain Bread stick Seasoned green beans Fresh orange slices</p>	<p>4 Toasted cheese flatbread sandwich Home style soup Veggies with dip Assorted Fruit</p>	<p>5 Nachos or soft tortilla with seasoned beef or chicken Refried beans Steamed brown rice Shredded lettuce, tomato & cheese Fresh fruit</p>	<p>6 Assorted freshly prepared pizza Fresh veggie dippers Shape ups</p>
<p>9 Rodeo Cheeseburger on a whole grain bun Oven fries Condiments lettuce and tomato Fresh fruit</p>	<p>10 Brunch 4 lunch Whole grain pancakes Oven roasted red potatoes Sizzled honey ham Assorted 100% juice</p>	<p>11 Assorted Calzones Marinara sauce Fresh veggie dippers Fresh fruit</p>	<p>12 Nachos or soft tortilla with seasoned beef or chicken Refried beans Steamed brown rice Shredded lettuce, tomato & cheese Fresh fruit</p>	<p>13 Assorted freshly prepared Pizza Fresh veggie dippers Chilled pear slices</p>
<p>16 Martin Luther King Day- No School</p>	<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p style="text-align: center;">Exam week – No lunch served. Breakfast will be served, and encouraged, each day!!!</p> </div>			
<p>White or chocolate ½ pint 1% low-fat or skim milk is offered with all meals</p>				
<p>23 Chinese New Year!!! Sweet and sour Dragon chicken Brown rice Stir fry vegetables Pineapple Fortune cookie</p>	<p>24 Foot long hot dog Baked potato wedge Baked beans Seasoned corn Fresh fruit</p>	<p>25 Oven roasted chicken Whipped potatoes Gravy Steamed broccoli Dinner Roll Fruit</p>	<p>26 Nachos or soft tortilla with seasoned beef or chicken Refried beans Steamed brown rice Shredded lettuce, tomato & cheese Fresh fruit</p>	<p>27 Assorted freshly prepared Fresh veggie dippers Fresh Apple</p>
<p>30 Chicken patty sandwich on a bun Oven fries Lettuce, tomato and cheese Fresh apple</p>	<p>31 Mozzarella sticks Marinara sauce Wholegrain Bread stick Veggie dippers Fruit</p>	<p>Daily Lunch Price \$ 2.75 Monthly \$44.00 Visit our web page stonington.org/nutrition to read this month's wellness blog and nutrition newsletters. Sign up for EZPay to receive low balance e-mails or review your student's purchases. Results of the customer satisfaction survey are in. Thank you for your providing us with this helpful information. Reminder: all students eligible for free or reduced lunch also can receive a free or reduced breakfast. Breakfast is served in all 6 schools each day!</p>		

Also offering –Salad bar, grinder bar, soup and sandwich, pasta bar, wraps, grill specials and more!