



DECEMBER STONINGTON HIGH MENU

Meal Prices:

Breakfast: \$2.00
Reduced Price: \$0.30
Lunch: \$3.25
Reduced Price: \$0.40

*Alternate Lunch
Options Available
Daily!
(see backside)*

- DAILY BREAKFAST CHOICES -

Monday

Hot Breakfast
Sandwich
Assorted Baked
Goods
Chef's Choice

Tuesday

Hot Breakfast
Sandwich
Assorted Baked Goods
Pancakes
Chef's Choice

Wednesday

Hot Breakfast
Sandwich
Assorted Baked
Goods
Chef's Choice

Thursday

Hot Breakfast
Sandwich
Assorted Baked Goods
Yogurt Parfait
Chef's Choice

Friday

Hot Breakfast
Sandwich
Assorted Baked
Goods
Chef's Choice

11/28

Mozzarella Sticks
w/ marinara sauce
Garlic Knot
Broccoli
Fruit of the Day/Juice

11/29

**Beef or Chicken
Tacos**
Refried Beans
Salsa & Lettuce
Fruit of the Day/Juice

11/30

**Rodeo Burger or
Black Bean Patty**
Steamed Carrots &
Green Beans
Fruit of the Day/Juice

12/01

**General Tao's
Chicken**
Brown Rice
California Veggie
Blend
Fruit of the Day/Juice

12/02

Choice of Pizza
Assorted Veggie
Dippers
Hummus
Fruit of the Day/Juice

12/05

Brunch for Lunch!
French Toast Sticks
Egg OR Sausage
Patty
Hashbrown
Fruit of the Day/Juice

12/06

**Fajita Chicken
Nachos**
Salsa & Lettuce
Fruit of the Day/Juice

12/07

**Steak 'n'
Cheese Sub**
Broccoli
Tater Tots
Fruit of the Day/Juice

12/08

Chicken Tenders
Garlic & Herb
Breadstick
Steamed Carrots
Fruit of the Day/Juice

12/09

Choice of Pizza
Assorted Veggie
Dippers
Hummus
Fruit of the Day/Juice

12/12

**Mozzarella Sticks
w/ marinara**
Garlic Knot
Broccoli
Fruit of the Day/Juice

12/13

**Cheese or Veggie
Quesadillas**
Black Beans
Salsa
Fruit of the Day/Juice

12/14

**Chicken Parmesan
Sandwich**
Crisp Romaine Salad
Fruit of the Day/Juice

12/15

Shepherd' Pie
Dinner Roll
Mashed Potatoes
Corn
Fruit of the Day/Juice

12/16

Choice of Pizza
Assorted Veggie
Dippers
Hummus
Fruit of the Day/Juice

12/19

Brunch for Lunch!
Regular/Spicy
Chicken & Waffles
Roasted Potatoes
Fruit of the Day/Juice

12/20

**Beef or Chicken
Tacos**
Refried Beans
Salsa & Lettuce
Fruit of the Day/Juice

12/21

Meatball Grinder
Sweet Potato
Fries
Fruit of the Day/Juice

12/22

Teriyaki Chicken
Veggie Rice
Broccoli
Fruit of the Day/Juice

12/23

Choice of Pizza
Assorted Veggie
Dippers
Hummus
Fruit of the Day/Juice

SPS FOOD SERVICES



HIGH SCHOOL

BREAKFAST MEALS

INCLUDE 2 OZ WHOLE GRAINS, ½ CUP
FRUIT, ½ CUP 100% JUICE, AND 1 CUP
LOW FAT MILK

LUNCH MEALS

INCLUDE 2 OZ PROTEIN, 2 OZ WHOLE
GRAINS, FRUIT, VEGETABLE, AND 1
CUP FAT-FREE FLAVORED OR 1% MILK

Daily Pasta Bar & Deli

- Entrée Salads
- Parfaits
- Assorted deli sandwiches

Daily Grill

- Regular/Spicy Chicken Sandwich
- Pizza
- Cheeseburger
- Grilled Cheese

DIETARY MODIFICATIONS

WE WORK WITH FAMILIES ON A VARIETY
OF DIETARY MODIFICATIONS INCLUDING
VEGETARIAN, GLUTEN FREE, DAIRY
FREE AND MORE!



FREE & REDUCED PRICE MEAL ELIGIBILITY

If you receive SNAP benefits or HUSKY A you may already be
directly certified through the state for free or reduced price
meals. Check your primary school contact email for a
notification letter by searching your mailbox for
"School meals eligibility."

If you think you may qualify please submit a free/reduced
price meal application which may be obtained on our
website or at the school's office.

CONTACT

STEPHANIE.DEASON@STONINGTONSCHOOLS.ORG
TO MAKE ARRANGEMENTS OR FOR ANY FOOD
SERVICES RELATED NEEDS!



spsfoodservices



<https://www.facebook.com/SPSFoodServices>

[HTTPS://WWW.STONINGTONSCHOOLS.ORG/DEPARTMENTS/FOOD-SERVICES](https://www.stoningtonschools.org/departments/food-services)

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER