

## **MAY 2019**

Mystic & Pawcatuck Middle Schools

Student Price-\$3.10 Reduced Price-\$0.40 Adult Price-\$4.00

## **Tuesday** Monday **Thursday Friday** Wednesday **WG Penne Pasta** Cherry Blossom or Homemade Cheese or Meatballs Firecracker Chicken Veggie Pizza Marinara or Cheddar Cheese Sauce **Vegetable Fried Rice Romaine Salad Garlic & Herb Breadstick Oriental Blend Vegetables Cucumber Dippers** Peas **Fresh Pineapple Frozen Blueberries** 100% Juice WG Tortilla **WG Penne Pasta** Meatless Monday French Toast Sticks Homemade Cheese or Seasoned Beef or Failta Chicker Meatballs Mozzarella Twisted Breadstick **Hash Brown** Veggie Pizza **Cheddar Cheese Sauce** Marinara Sauce Marinara or Alfredo Sauce **Chicken Sausage or Bacon Romaine Salad Brown Rice** Garlic & Herb WG Breadstick Egg Patty Garlic & Herb Breadstick **Refried Beans Cucumber Dippers** Seasoned Broccoli Grapes Steamed Carrots Salsa **Frozen Blueberries Apple Slices** 100% Mango Wango Juice Frozen Strawberries **Apples** 13 **WG Nacho Chips** WG Penne Pasta Popcorn Chicken **Meatless Monday Homemade Cheese or** Seasoned Beef or Fajita Chicken Meatballs **Mashed Potatoes** Mozzarella Sticks Veggie Pizza **Cheddar Cheese Sauce** Marinara Sauce Marinara or Cheddar Cheese Sauce Corn **Brown Rice** Romaine Salad Garlic & Herb WG Breadstick **Garlic & Herb Breadstick** Gravv **Refried Beans Cucumber Dippers Dinner Roll** Seasoned Broccoli Peas Salsa **Frozen Blueberries Strawberries Apple Slices** Kiwi **Orange Wedges** 20 WG Tortilla **WG Penne Pasta** 22 23 **Meatless Monday Pancakes Homemade Cheese or** Seasoned Beef or Fajita Chicker Meatballs Waffle Cut Fries **Hash Brown** Veggie Pizza Cheddar Cheese Sauce 3-Bean Chili & Cheese Marinara or Alfredo Sauce **Chicken Sausage or Bacon Brown Rice Romaine Salad Egg Patty** California Blend Vegetable Garlic & Herb Breadstick **Refried Beans Cucumber Dippers** Grapes **Dinner Roll Steamed Carrots** Salsa **Frozen Blueberries** 100% Mango Wango Juice Fruit Cocktail & 100% Juice **Frozen Strawberries Apples** 27 29 **WG Nacho Chips** 30 WG Penne Pasta Homemade Cheese or **Chicken Drumsticks** Seasoned Beef or Fajita Chicken Meatballs Mac & Cheese Veggie Pizza **Cheddar Cheese Sauce** Memorial Day Marinara or Cheddar Cheese Sauce Seasoned Broccoli **Brown Rice Romaine Salad** No School Garlic & Herb Breadstick **Refried Beans** Dinner Roll **Cucumber Dippers** Peas Salsa **Baked Apples Frozen Blueberries Orange Wedges** 100% Juice

- All daily and alternative meals include a minimum of 2 oz protein, 2 oz whole grains, 1 cup fruit, 1 cup vegetable, and 8 fl oz fat-free flavored milk or 1% unflavored milk
- Alternate hot meal schedule: (M) hotdogs, (T) toasted cheese sandwich, (W) burgers, (Th) chicken tenders, and (F) regular or spicy chicken patty.
- Available daily: Chef Salad, Deli Sandwich, Pizza, Yogurt Plate.
- WG=Whole Grain, WW=Whole Wheat
- Please contact Becky Fowler, Director of School Nutrition, becky.fowler@stoningtonschools.org or (860) 599-0766 with any questions or meal modifications