

October 2006

HIGH SCHOOL LUNCH MENU

Stonington Public School's Nutrition Services

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Dog on a Bun Potato Tots Condiments Beans Fruit or juice Fudgicle	3 Popcorn Chicken Poppers Whipped Potatoes Gravy Green Bean Cinnamon Apples	4 Brunch for Lunch Cinnamon glazed French toast Tater Tots Sizzled Ham Fruit or Juice	5 Cheese Cal-zone Marinara sauce Tossed Salad Fruit or juice Jell-o	6 Nachos with seasoned beef Steamed rice Shredded lettuce, tomato & cheese Fruit or juice
Variety of 1/2 pint low fat milk is offered with all meals				
9 <i>Columbus Day</i> <i>No School</i>	10 Cheeseburger on a whole wheat bun Oven fries Condiments Lettuce and tomato Fruit	11 Teriyaki Dippers Baked potato bar Seasoned Corn Fruit or juice Wheat roll	12 Mozzarella sticks Bread Stick Dipping sauce Veggie dippers Fruit or juice	13 Chicken or cheese Quesidilla Tossed Salad Mexican Rice Fruit or juice
Visit www.weblunch.net to view account balances or make on line deposits.				
16 Chicken Patty Sand. on whole wheat bun Lettuce, Tomato & cheese Oven Fries Fruit	17 Pepperoni Pizzata's Tossed Salad Fruit or Juice Jell-o	18 BBQ Rib-lets Baked Potato Corn Wheat roll Fruit or juice	19 Bacon Cheeseburger on a whole wheat bun Oven fries Condiments Lettuce and tomato Fruit or juice	20 Hard or soft shell tacos with seasoned beef Steamed rice Shredded lettuce, tomato & cheese Fruit or juice
Alternative meal – pasta bar, salad bar, grinder bar, pizza and grill specials!				
23 Toasted Cheese Sandwich Soup Vegetable sticks Fruit Sherbert	24 Teriyaki Dippers Fried Rice Egg roll Fruit or juice Fortune cookie	25 Spicy Chicken Patty Sandwich on whole wheat roll. Lettuce & Tomato Oven Fries Fruit or juice	26 Barbeque Rib Sandwich Potato Wedges Lettuce and tomato Fruit or juice	27 Nachos with seasoned beef Steamed rice Shredded lettuce, tomato & cheese Fruit or juice
No Charging of meals allowed- Menu subject to changes				
30 Chicken strips Whipped Potatoes Gravy Green Beans Fruit	31 <i>Halloween!</i> Brunch for Lunch Cheese omelet Buttermilk biscuit Sizzled Ham Fruit or Juice	Breakfast - \$1.00 Lunch - \$2.25 Monthly payment \$ 47.25 Please include your child's PIN numbers on all pre-payment checks, envelopes or travel lunch forms. Thank you!		