

OCTOBER 2007

HIGH SCHOOL LUNCH MENU

Stonington Public School's Nutrition Services

Monday	Tuesday	Wednesday	Thursday	Friday
1 Toasted Cheese Sandwich Variety of Soups Vegetable sticks Fruit or juice	2 Hot Dog on a Bun Potato Tots Condiments Veggie Dippers Fruit or juice	3 Oven fried Chicken Whipped potatoes Gravy Green Beans Wheat roll Fruit or juice	4 Nachos with seasoned beef Steamed rice Shredded lettuce, tomato & cheese Fruit	5 Deluxe Pizza or Cheese Pizza Veggie Dippers Shape ups or fruit
<i>No Charging of meals allowed- Menu subject to changes</i>				
8 Columbus Day No School Today!	9 Teriyaki Dippers Whipped potatoes Dinner roll Seasoned Corn Fruit or juice	10 Soft Shell Chicken Taco Spanish Rice Shredded lettuce, tomato & cheese Fruit or juice	11 Spicy Chicken Patty Sandwich on whole wheat roll. Lettuce & Tomato Oven Fries Fruit or juice	12 Pepperoni Pizza or Cheese Pizza Vegetable dippers Shape ups or fruit
Alternative meal – Grinder bar, salad bar, pasta bar, grilled hamburgers, hot dogs or bone builder lunch				
15 Chicken Patty Sand. on wheat roll Lettuce and Tomato Oven Fries Fruit	16 Brunch for Lunch French Toast Hash Brown Sizzled Ham Fruit or Juice	17 Mozzarella sticks Bread Stick Dipping sauce Veggie dippers Fruit or juice	18 Nachos with seasoned beef Steamed rice Shredded lettuce, tomato & cheese Fruit	19 Sausage Pizza or Cheese Pizza Vegetable Dippers Shape ups or fruit
Visit www.weblunch.net to view account balances or make pre-payment into accounts.				
22 Cheeseburger on a bun Oven fries Condiments Lettuce and tomato Fruit	23 Popcorn chicken Whipped Potatoes Seasoned carrots Wheat roll Applesauce or juice	24 Chicken or cheese Quesidilla Tossed Salad Mexican Rice Fruit or juice	25 Build your own Baked Potato Bar Chili, cheese, bacon, broccoli, onions Jell-o Fruit	26 Pepperoni Pizza or Cheese Pizza Vegetable dippers Shape ups or fruit
Variety of ½ pint low-fat milk is offered with all meals				
29 Cheese Cal-zone Marinara sauce Tossed Salad Fruit or juice Pudding	30 Beef or chix Crispito Crispy tortilla filled with rice, chix or beef and cheese Tossed salad Fruit	31 <i>Halloween</i> Chicken strips Whipped Potatoes Seasoned carrots Wheat roll Applesauce or juice	Lunch - \$2.25 Monthly - \$49.00 Breakfast - \$1.25 Monthly \$27.00 Both Monthly \$76.00 Daily milk price - \$.50 Adult lunch - \$3.00	