

OCTOBER 2008

HIGH SCHOOL LUNCH MENU

Stonington Public School's Nutrition Services

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily Lunch price -\$2.75 Monthly lunch price \$57.75 Daily Breakfast -\$1.50 Milk - \$.50 Adult lunch - \$3.50</p>		<p>1 Chicken strips Whipped Potatoes Seasoned carrots Wheat roll Applesauce or juice</p>	<p>2 Hard or soft shell tacos with beef Steamed brown rice Shredded lettuce, tomato & cheese Fruit or juice</p>	<p>3 Deluxe Pizza or Cheese Pizza Tossed Salad Fudge bar Fruit</p>
<p>6 Bacon Cheeseburger on a whole wheat bun Potato wedges Condiments Lettuce and tomato Fruit yogurt parfait</p>	<p>7 Popcorn Chicken Steamed brown rice Dipping sauce Green Bean Fruit</p>	<p>8 Brunch for Lunch French Toast Hash Brown Sizzled Ham Fruit or Juice</p>	<p>9 Nachos with seasoned beef Steamed brown rice Shredded lettuce, tomato & cheese Fruit</p>	<p>10 Staff Development day – No School</p>
<p>Variety of ½ pint low-fat milk is offered with all meals</p>				
<p>13 Columbus Day No School today Go hiking!!!!</p>	<p>14 Chicken Patty Sand. on wheat roll Lettuce and Tomato Oven Fries Fruit yogurt parfait</p>	<p>15 Mozzarella sticks Bread Sticks Dipping sauce Veggie dippers Fruit</p>	<p>16 Soft shell beef or chicken tacos Steamed brown rice Shredded lettuce, tomato & cheese Fruit</p>	<p>17 Sausage Pizza or Cheese Pizza Vegetable Dippers Granola trail mix Fruit</p>
<p>Use Payschools to view account balances or make pre-payment into accounts.</p>				
<p>20 Spicy Chicken Sandwich on a whole wheat roll. Lettuce & Tomato Oven Fries Fruit or juice</p>	<p>21 Cheese Cal-zone Marinara sauce Tossed Salad Fruit or juice Jell-o</p>	<p>22 Hot Dog on a Bun Potato Tots Condiments Veggie Dippers Fruit yogurt parfait</p>	<p>23 Nachos with beef Steamed brown rice Shredded lettuce, tomato & cheese Fruit</p>	<p>24 Pepperoni Pizza or Cheese Pizza Tossed Salad Granola trail mix Fruit</p>
<p>Also offering –Salad bar, pasta bar, freshly made hot/cold wraps/grinders, or grill specials</p>				
<p>27 Toasted Cheese Sandwich Variety of Soups Vegetable sticks Red jell-o</p>	<p>28 Teriyaki Chicken Dippers Roasted red potatoes Seasoned Corn Fruit</p>	<p>29 Mozzarella sticks Bread Sticks Dipping sauce Veggie dippers Fruit</p>	<p>30 Nachos with beef Steamed brown rice Shredded lettuce, tomato & cheese Fruit</p>	<p>31 Deluxe Pizza or Cheese Pizza Tossed Salad Cherry shape ups Fruit</p>