

JUNE/JULY 2009

Stonington Recreation Program

Monday	Tuesday	Wednesday	Thursday	Friday
				June 26 Cheese pizza Tossed salad Fruit Milk

Question? Please call Stonington Human Services at 535-5015 for information regarding the summer lunch or recreation program. Thank you!

29 Hot Dog on a Bun Oven Fries Baked beans Seasoned Corn Condiments Fruit and milk	30 Mini pancakes Tater Tot Sizzled Ham Fruit Milk	July 1 Pasta with meat sauce Wheat roll Green Beans Fruit Milk	2 Stonington Grinder Lettuce and Tomato Potato chips Fruit and milk	3 Holiday closing No program No meals served
6 Toasted Cheese Sandwich Soup Vegetable sticks Fruit Milk	7 Chicken Nuggets Whipped Potatoes Gravy Corn Applesauce Milk	8 Pasta with meat sauce Bread stick Green beans Fruit Milk	9 Stonington Grinder Lettuce and Tomato Potato chips Fruit and milk	10 Cheese pizza Tossed salad Fruit Milk
13 Field Day! <u>Bag lunch provided</u> Peanut butter & Jelly Sandwich 1 ounce of cheese Baby carrots Fruit Milk	14 Mini Pancakes Tater Tot Sizzled Ham Fruit Milk	15 Pasta with meat sauce Wheat roll Seasoned Peas Fruit Milk	16 Stonington Grinder Lettuce and Tomato Potato chips Fruit Milk	17 Field Day! Return for lunch Cheese pizza Tossed salad Fruit Milk
20 Hamburger on a bun American Cheese Oven fries Condiments Lettuce and tomato Fruit and Milk	21 Popcorn chicken Steamed rice Corn Applesauce Milk	22 Pasta with meat sauce Wheat roll Green Beans Fruit Milk	23 Stonington Grinder Lettuce and Tomato Potato chips Fruit Milk	24 Field Day! <u>Bag lunch provided</u> Peanut butter & Jelly Sandwich 1 ounce of cheese Baby carrots Fruit Milk

Milk will be served daily with all meals and is choice of ½ pint of 1% white, 1% chocolate or 2% white.

Fruit will be served daily with all menus and may be choice of at least 4 ounces of fresh apple, orange or banana, or 4 ounces of canned peaches, pears, pineapple, or applesauce.

An alternative lunch of 2 tbsp. peanut butter and 1 tbsp. jelly on two slices of wheat or white bread, 1 ounce cheese, 4 ounces fresh baby carrots, 4 ounces canned or fresh fruit and 8 ounces of variety of milk will be offered daily and served as lunch on travel lunch days.

Pasta lunch, served every Wednesday, will include 1 cup of cooked pasta, either spirals, shells, or ziti, with ½ cup of meat sauce, 2 ounce wheat roll and ½ cup of either cooked carrots, green beans or peas, milk and fruit.

Stonington Grinder lunch, served on every Thursday, may include choice of 2 ounces ham and 1 ounce of cheese, 2 ounces turkey and 1 ounce of cheese, or 2 ounces of tuna fish on a six - inch torpedo roll, two slices of tomato and ½ cup shredded lettuce and .5 ounce of either Cheetos, chips, Doritos or pretzels, milk and fruit.

Pizza lunch, served every Friday, will include 1 slice of CN label pizza, 1 cup of tossed salad, choice of salad dressing, fruit and milk.

Mini -Pancake lunch, served on June 30, July 14, and August 99, will include 1 package mini pancakes, 2 ounces of sliced ham, ½ cup potato tots, 4 ounces juice or fruit, and milk.

Hamburger on a bun lunch, served on July 20 and August 18 will include one - 3 ounce beef patty, one hamburger bun, one slice American cheese, two slices of tomato, one lettuce leaf, ½ cup oven fries, ½ cup of baked vegetarian beans, condiments, fruit and milk.

Chicken nugget lunch, served on July 7 and August 5, will include 5 CN label chicken nuggets, ½ cup whipped potato, 2 tbsp. Gravy, ¼ cup green beans, fruit and milk.

Hot dog lunch, served on June 29 and July 27 will include one 2 - ounce beef frank, one hot dog roll, ½ cup oven fries, ¼ cup corn, ½ cup of baked vegetarian beans, condiments, fruit and milk.

Toasted cheese lunch, served on July 6and August 3 will include two ounces American cheese on two slices wheat or white bread, 8 ounces chicken noodle soup, ½ cup of carrots, celery and cucumber slices, Two tbsp. Ranch dressing, fruit and milk.

Popcorn chicken lunch, served on July 21 and August 18, will include 8 CN label popcorn chicken nuggets, ½ cup steamed rice,, ¼ cup corn, fruit and milk.

Chicken patty on as bun, served on Aug 10, will include one CN label chicken patty, ½ cup potato wedges, two slices of tomato, one lettuce leaf, condiments fruit and milk.