

# NOVEMBER 2009

## HIGH SCHOOL LUNCH MENU

### Stonington Public School's Nutrition Services

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken Patty Sand. on wheat roll Lettuce and Tomato Oven Wedges Fruit	<b>3</b> Mozzarella sticks Bread Sticks Dipping sauce Veggie dippers Fruit	<b>4</b> Popcorn Chicken tenders Whipped Potatoes Seasoned carrots Wheat roll Applesauce	<b>5</b> Nachos with seasoned beef Steamed rice Shredded lettuce, tomato & cheese Fruit	<b>6</b> Deluxe Pizza or Cheese Pizza Tossed Salad Fruit or shape up

**Also offering fresh inspirations salad b**     *No Charging of meals allowed– Menu subject to*

<b>9</b> Toasted Cheese Sandwich Chicken noodle soup Vegetable sticks Fruit	<b>10</b> Teriyaki Chicken tenders Steamed Rice Seasoned Corn Fruit Fortune cookie	<b>11</b>  <b>Veteran's Day</b>  <b>No School</b>	<b>12</b> Soft shell beef or chicken tacos Steamed rice Shredded lettuce, tomato & cheese Fruit	<b>13</b> Pepperoni Pizza or Cheese Pizza Tossed Salad Fruit or shape up
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<b>16</b> Cheeseburger on a bun Oven fries Condiments Lettuce and tomato Fruit	<b>17 "Groovy"</b> <i>Tuesday 70's Theme</i> <i>Tasty Turkey</i> <i>Terrific taters mashed</i> <i>Groovy gravy</i> <i>Crazy corn</i> <i>Awesome apple crisp</i>	<b>18</b> Mozzarella sticks Bread Sticks Dipping sauce Veggie dippers Fruit	<b>19</b> Nachos with seasoned beef Steamed rice Shredded lettuce, tomato & cheese Fruit	<b>20</b> Sausage Pizza or Cheese Pizza Vegetable Dippers Shape ups or Fruit
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**Variety of ½ pint low-fat milk is offered with all meals**

<b>23</b> Breaded Chicken tenders Whipped Potatoes Seasoned carrots Wheat roll Applesauce	<b>24</b> Assorted calzones Marinara sauce Veggie dippers Fruit	<b>25</b> Early Dismissal <b>Breakfast only –</b> <b>No lunch served</b>	<b>26</b> <b>Happy</b> <b>Thanksgiving</b> <b>Day!!!</b>	<b>27</b> <b>No School</b> <b>Today!!!</b>
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*No Charging of meals allowed– Menu subject to changes*

<b>30</b> Brunch 4 lunch Mini pancakes Tater tots Sizzled ham Fruit or juice	<b>Lunch - \$2.75    Monthly - \$46.75</b> <b>Breakfast - \$1.25    Milk - \$.50    Adult lunch - \$3.50</b> To review account balances and make payments into student meal accounts go to stonington.org, select home/school connection, select the Payschools link and enter your child's student ID number. Student ID numbers will be posted on your child's report cards, or call Tim Paquette at 860-599-0766
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