

OCTOBER 2009

ELEMENTARY SCHOOL LUNCH MENU

Stonington Public School's Nutrition Services

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Daily Lunch - \$2.50 Monthly - \$50.00 1 Breakfast - \$1.25 Milk - \$.50 – Fruit \$.50 1 Adult lunch - \$3.50 Bottled water \$1.00 1 Have you used Payschools? It is the fast and easy way to keep track of your child's school meal account balance, or deposit money on line. Call Tim Paquette at 599-0766 for information or to obtain your child's student ID number. E-mail</p>			<p>1 Stonington Grinder Lettuce and Tomato Baked Doritos RF Oatmeal cookie Fruit</p>	<p>2 Deluxe Pizza or Cheese Pizza Tossed Salad Fruit or shape ups</p>
<p>5 Mozzarella sticks Bread Sticks Dipping sauce Veggie dippers Fruit</p>	<p>6 Popcorn Chicken tenders Whipped Potatoes Seasoned carrots Applesauce</p>	<p>7 Rotini with sauce, meat sauce or cheese Garlic Bread Tossed Salad Fruit</p>	<p>8 Pepperoni Pizza or Cheese Pizza Tossed Salad Shape ups or fruit</p>	<p>9 Staff Development Day – no school</p>
<p><i>No Charging of meals allowed– Menu subject to changes</i></p>				
<p>12 Columbus Day – No School</p>	<p>13 Toasted Cheese Sandwich Chicken noodle soup Vegetable sticks Fruit</p>	<p>14 Ziti with sauce, meat sauce or cheese Bread stick Mixed Green Salad Fruit</p>	<p>15 Stonington Grinder Lettuce and Tomato Baked Cheetos RF Sugar cookie Fruit</p>	<p>16 <i>Hawaiian Shirts Friday!!!</i> Hawaiian Pizza or Cheese Pizza Vegetable Dippers Lime sherbet</p>
<p>Use Payschools to view account balances or make pre-payment into accounts.</p>				
<p>19 Cheeseburger on a whole grain roll Oven fries Condiments Lettuce and tomato Fruit</p>	<p>20 Brunch 4 lunch Mini pancakes Roasted red potatoes Sizzled ham Fruit or juice</p>	<p>21 Spirals with sauce, meat sauce or cheese Wheat Roll Tossed Salad Fruit</p>	<p>22 Stonington Grinder Lettuce and Tomato Baked potato chips RF Choc. Chip cookie Fruit</p>	<p>23 Pepperoni Pizza or Cheese Pizza Tossed Salad Granola trail mix Fruit</p>
<p>Variety of ½ pint low-fat milk is offered with all meals</p>				
<p>26 Chicken Patty Sand. on wheat roll Lettuce and Tomato Oven Wedges Fruit</p>	<p>27 Nachos with seasoned beef Steamed rice Shredded lettuce, tomato & cheese Fruit</p>	<p>28 Penne pasta with sauce, meat sauce or cheese Bread stick Mixed Green Salad Fruit</p>	<p>29 Stonington Grinder Lettuce and Tomato Baked Doritos Pumpkin cookie Fruit</p>	<p>30 Variety of Pizza or Cheese Pizza Tossed Salad Halloween sherbet Fruit</p>
<p>Also offering – Assorted sandwiches or fruit/yogurt plate</p>				