aramark STUDENT NUTRITION

NORTH STONINGTON PUBLIC SCHOOLS



PICK 2

You can always pick 2 for Breakfast in the Cafe

Choose breakfast Entrée or pick 2* of the following: cereal, string cheese, toast or yogurt.

Breakfast Prices: Included in your school day

Lunch Prices: Paid $3.90 | Reduced $0.40

Contact information:
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Foodservice Director
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NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hot Dog on Whole Grain Roll Cucumber Slices Baked Beans	**3** No School	**4** French Toast Sticks Sausage Patty Grilled Cheese Tator Tots Fresh Fruit and Veg bar	**5** Turkey Barbacoa Tacos Chicken Nugget and Breadstick Corn Fresh Fruit and Veg bar	**6** Cheese Pizza Pepperoni Pizza Garden Salad Fresh Fruit and Veg bar
3. Salad of the week: Egg Caesar Salad w/ Breadstick **4. Fun Lunch: Pretzel Yogurt & Cheese Pack**				
9 Pizza Sticks Chicken Patty Sandwich Broccoli Fresh Fruit and Veg bar	**10** Popcorn Chicken Bowl Hamburger/Cheeseburger Corn **Fresh Fruit and Veg bar**	**11** Veterans Day No School	**12** Beef or Bean Nachos Chicken Nuggets w. roll Fiesta Beans **Fresh Fruit and Veg bar**	**13** Cheese Pizza Pepperoni Pizza **Garden Salad** Fresh Fruit and Veg bar
3. Sandwich of the week: Turkey & Cheese Sub **4. Fun Lunch: Make your own Flatbread Pizza Lunch Kit**				
16 Max Sticks w Dipping Sauce Chicken Patty Sandwich Rainbow Blend Vegetables Fresh Fruit and veg Bar	**17** Baked Macaroni and cheese Hamburger/Cheeseburger Broccoli Fresh Fruit and Veg bar	**18** Pancakes with Turkey sausage Grilled Cheese sandwich Tator Tots Fresh fruit and Veg bar	**19** Roast Turkey Potatoes and Stuffing Corn Cranberry Sauce Dinner Roll	**20** Cheese Pizza Hawaiian Pizza Garden Salad Fresh Fruit and Veg bar
3. Salad of the week: Italian Salad w/ Breadstick **4. Fun Lunch: Pretzel, Yogurt, & Cheese Lunch Kit**				
23 Orange Popcorn Chicken w. Rice Chicken Patty Sandwich Broccoli Fresh Fruit and Veg bar	**24** Baked Potato Bar Hamburger/Cheeseburger Salad Fresh Fruit and Veg bar	**25** Waffles with Turkey sausage Grilled Cheese sandwich French Fries Fresh fruit and Veg bar	**26** Thanksgiving Break	**27** Thanksgiving Break
3. Sandwich of the week: Ham & Cheese Sandwich **4. Fun Lunch: Make your own Flatbread Pizza Lunch Kit**				
30 Mozzarella Sitcks Chicken Patty Sandwich Broccoli Fresh Fruit and Veg bar				**All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat or Skim Milk**
3. Salad of the week: Garden Salad w/ Cheese & Breadstick **4. Fun Lunch: Pretzel, Yogurt, & Cheese Dipping Sauce Lunch Kit**				

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*No duplicates on cereal or yogurt. BIC Schools have daily cereal option.

JOIN THE PROTEIN PRO-TEAM!

PROTEIN HELPS YOU GROW UP STRONG!

Kids need protein because it acts as a building block for body growth, repairing tissues, and developing muscle and body systems. Foods like chicken, beef, fish, eggs, beans, and nuts (and many more!) support the immune system, assist brain development, and provide energy!

MINI BREAKFAST FRITTATAS

PREP TIME: 10 minutes
COOK TIME: 15-20 minutes
SERVINGS: 12

INGREDIENTS:

- 6 large eggs
- ¼ cup milk
- Salt and pepper to taste
- Your choice of mix-ins like baby spinach, bell peppers, mushrooms, cooked ham/turkey, or shredded cheese

*DO NOT chop or cook without adult supervision.

INSTRUCTIONS:

1. Whisk eggs and milk in a bowl
2. Sprinkle on salt and pepper
3. Stir in mix-ins, combine well
4. Pour into greased muffin tins (filling about ⅔ full)
5. Bake at 350°F (175°C) for 15-20 minutes, or until set and lightly golden
6. Let cool slightly, then dig in!

FLAVOR VARIATIONS:

- Spinach & Feta
- Veggie & Cheese
- Ham & Bell Pepper
- Mushroom & Swiss
- Your own creation!

PROTEIN POWER

FIND AND CIRCLE THE WORDS BELOW!

TURKEY, BEANS, ~~EGGS~~, NUTS, FISH, YOGURT, BEEF, CHEESE, LENTILS, TOFU, PORK, CHICKEN

M	D	Z	V	Q	J	U	Y	C	E	L	B
T	N	J	B	L	I	X	G	P	B	E	C
U	B	U	O	H	T	E	O	E	W	S	H
R	T	E	T	F	B	R	E	L	Z	E	I
K	C	M	A	S	K	F	U	F	J	E	C
E	Q	U	C	N	U	W	U	G	H	H	K
Y	E	G	G	S	S	F	G	Y	O	C	E
H	S	I	F	H	O	M	D	C	E	Y	N
Y	L	T	F	T	L	E	N	T	I	L	S
G	X	M	Y	U	B	V	P	R	Q	S	G

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PROTEIN PASSPORT

What You Need:

- A small booklet or folded sheets of paper
- Crayons, markers, or colored pencils

Pages to Create:

1. Favorite animal protein (chicken, pork, beef, fish, etc.)
2. Favorite plant protein (beans, tofu, etc.)
3. New protein to try (shrimp, bison, swordfish, etc.)
4. Favorite protein meal (main dish and sides)

- Share your passport with a parent and have then initial (or "stamp") each page when you enjoy that protein or meal.

DAIRY RIDDLES FOR KIDS

1. I swim, have protein, and help your brain, too. *What am I?*
   Answer: Fish
2. I'm a plant protein that can be smooth or crunchy—enjoy me on a sandwich with jelly! *What am I?*
   Answer: Peanut Butter
3. Varieties of me include kidney, pinto, and navy, and I help muscles grow. *What am I?*
   Answer: Bean

FRESH FUNNIES

Q: Why did the egg go to the gym early?
A: For an eggs-tra long workout!

Q: Why was the chicken invited to join a band?
A: He had his own drumsticks!

Q: What do cows use in their text messages?
A: E-MOO-jis!

Q: What is a bean's favorite musical instrument?
A: The bean-jo!

