Check out our new Italian Subs this week!



#### NORTH STONINGTON Public Schools

# April 2025

## WHEELER JR/SR HIGH SCHOOL LUNCH MENU

### MARCH 31-APRIL 4

| potential. | MON  | TUES                                      | WED  | THURS                      | FRI                        |
|------------|--|---|--|----------------------------|----------------------------|
| Potentia   | 31   | 1   | 2  | 2                          | 1                          |
| GRILL      | Cheesy Waffle Fry                            | Chicken Patty                             | Buffalo Chicken                            | Chicken Nuggets w/         | Ghicken Nuggets w/         |
|            | Burger                                       | Sandwich                                  | Sandwich                                   | Roll                       | Roll                       |
| ENTREE     | Pizza Sticks w/                              | Spaghetti w/ Meatball                     | Popcorn Chicken                            | Hamburger or               | Chicken Patty              |
|            | Dipping Sauce                                | & Garlic Toast                            | Potato Bowl w/ Roll                        | Cheeseburger               | Sandwich                   |
|            | Baby Carrots                                 | Green Beans                               | Corn                                       | Waffle Fries               | Chickpea Salad             |
| SANDWICH   | Italian Sub                                  | Italian Sub                               | Italian Sub                                | Italian Sub                | Italian Sub                |
|            | Salami, Ham & Provolone                      | Salami, Ham & Provolone                   | Salami, Ham & Provolone                    | Salami, Ham & Provolone    | Salami, Ham & Provolone    |
|            | Cheese w/ Lettuce & Tomato                   | Cheese w/ Lettuce & Tomato                | Cheese w/ Lettuce & Tomato                 | Cheese w/ Lettuce & Tomato | Cheese w/ Lettuce & Tomato |
| SALAD      | Chicken Caesar Salad                         | Chicken Caesar Salad                      | Chicken Caesar Salad                       | Chicken Caesar Salad       | Chicken Caesar Salad       |
|            | w/ Roll                                      | w/ Roll                                   | w/ Roll                                    | w/ Roll                    | w/ Roll                    |
| PIZZA      | Cheese<br>Pepperoni<br>Buffalo Chicken Pizza | Cheese<br>Pepperoni<br>Meat lover's Pizza | Cheese<br>Pepperoni<br>Chicken Bacon Banch |                            |                            |
|            | Buffalo Chicken Pizza                        | Meat lover's Pizza                        | Chicken Bacon Ranch                        |                            |                            |

MEECHOOÔK FARM

Dowering

#### Menus are subject to change.

#### Local Lettuce

Salads and sandwiches will be featuring local lettuce from Meechoook Farms located here in North Stonington. The farm uses hydroponics to grow the lettuce. All Lunches <u>Must</u> Include Choice of: Fruits and/or Vegetable And May Include: % Low-Fat or Skim Milk





Powering

Wednesday Limited Time offering Flatbread sandwich w/Turkey Bacon, Sliced Turkey, Cheese and Granny Smith Apple served with a side of Kale & Carrot Salad



#### NORTH STONINGTON Public Schools

# April 2025

## WHEELER JR/SR HIGH SCHOOL LUNCH MENU

### APRIL 7TH-11TH

| potential. | MON   | TUES  | WED   | THURS  | FRI  |  |
|------------|---|---|---|--|--|--|
| GRILL      | 7<br>Bacon Cheeseburger                       | 8<br>Chicken Patty<br>Sandwich              | 9<br>BBQ Chicken &<br>Cheddar Flatbread                             | 10<br>Cheeseburger                             | 11<br>Chicken Nuggets w/<br>Roll               |  |
| ENTREE     | Buzzard Beater<br>Basket<br>Krinkle Cut Fries | Macaroni & Cheese<br>Bar<br>Broccoli        | Limited Time Offering<br>Turkey & Apple Melt<br>Kale & Carrot Salad | Popcorn Chicken<br>Potato Bowl w/ Roll<br>Corn | Beef & Cheese<br>Nacho/Taco Bar<br>Black Beans |  |
| SANDWICH   | Buffalo Chicken Wrap<br>w/Lettuce & Tomato    | Buffalo Chicken Wrap<br>w/ Lettuce & Tomato | Buffalo Chicken Wrap<br>w/ Lettuce & Tomato                         | Buffalo Chicken Wrap<br>w/ Lettuce & Tomato    | Buffalo Chicken Wrap<br>w/ Lettuce & Tomato    |  |
| SALAD      | Ham Chef Salad w/<br>Roll                     | Ham Chef Salad w/<br>Roll                   | Ham Chef Salad w/<br>Roll   | Ham Chef Salad w/<br>Roll                      | Ham Chef Salad w/<br>Roll                      |  |
| PIZZA      | Cheese<br>Pepperoni<br>Chicken Parm Pizza     | Cheese<br>Pepperoni<br>Sausage Pizza        | Cheese<br>Pepperoni<br>Veggie Pizza                                 | Cheese<br>Pepperoni<br>Meatball Pizza          | Cheese<br>Pepperoni                            |  |
|            | Lunch Drizza Deduced \$0.00 Deid \$2.10       |   |   |  |  |  |

Lunch Prices: Reduced- \$0.00 Paid- \$3.10



#### Menus are subject to change.

#### Local Lettuce

Salads and sandwiches will be featuring local lettuce from Meechoook Farms located here in North Stonington. The farm uses hydroponics to grow the lettuce. All Lunches <u>Must</u> Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat or Skim Milk





Powering

MEECHOOÔK

FARM

Wednesday Chicken Wing Bar



#### NORTH STONINGTON Public Schools

# April 2025

## WHEELER JR/SR HIGH SCHOOL LUNCH MENU

### April 21st-25th

| potential. | MON                               | TUES                                 | WED                                       | THURS  | FRI                              |
|------------|-----------------------------------|--------------------------------------|---|--|----------------------------------|
| GRILL      | 21<br>Chicken Patty<br>Sandwich   | 22<br>Hamburger or<br>Cheeseburger   | 23<br>Spicy Chicken Patty<br>Sandwich     | 24<br>Backyard Burger                        | 25<br>Chicken Nuggets w/<br>Roll |
| ENTREE     | Made to Order                     | Homemade Lasagna                     | Chicken Wing Bar w/                       | General Tso's Popcorn                        | Make your own Burrito            |
|            | Meatball Sub                      | w/ Garlic Toast                      | Assorted Sauces                           | Chicken w/ Rice                              | Bowl                             |
|            | Carrots                           | Green Beans                          | Waffle Fries                              | Broccoli                                     | Black Beans                      |
| SANDWICH   | Turkey & Cheese Sub               | Turkey & Cheese Sub                  | Turkey & Cheese Sub                       | Turkey & Cheese Sub                          | Turkey & Cheese Sub              |
|            | w/ Lettuce & Tomato               | w/ Lettuce & Tomato                  | w/ Lettuce & Tomato                       | w/ Lettuce & Tomato                          | w/ Lettuce & Tomato              |
| SALAD      | All-American Cobb                 | All-American Cobb                    | All-American Cobb                         | All- American Cobb                           | All-American Cobb                |
|            | Salad w/ Roll                     | Salad w/ Roll                        | Salad w/ Roll                             | Salad w/Roll                                 | Salad w/ Roll                    |
| PIZZA      | Cheese<br>Pepperoni<br>Taco Pizza | Cheese<br>Pepperoni<br>Sausage Pizza | Cheese<br>Pepperoni<br>Meat lover's Pizza | Cheese<br>Pepperoni<br>Buffalo Chicken Pizza | Cheese<br>Pepperoni              |

Lunch Prices: Reduced- \$0.00 Paid- \$3.10

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#### Local Lettuce

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Doworing

#### Thursday Breakfast Bar

Pancakes, Waffles, Strawberries, Blueberries and Cinnamon Apple w/ Sausage and Hash Brown



#### NORTH STONINGTON Public Schools

# April 2025

## WHEELER JR/SR HIGH SCHOOL LUNCH MENU

### April 28th- May2nd

| potential. | MON   | TUES  | WED   | THURS   | FRI  |  |
|------------|---|---|---|---|--|--|
| GRILL      | 28<br>Hamburger or<br>Cheeseburger  | 29<br>Chicken Patty<br>Sandwich   | 30<br>Double Hot Dog  | 1<br>Chicken Parm<br>Sandwich   | 2<br>Chicken Nuggets w/<br>Roll  |  |
| ENTREE     | Hang Time basket<br>Chicken Tenders w/ Biscuit,<br>Fries Coleslaw & Syrup<br>Grape Tomatoes                     | Pasta Alfredo w/<br>Chicken<br>Broccoli   | Orange Popcorn<br>Chicken w/ Rice<br>Glazed Carrots   | Breakfast Bar<br>Pancakes or Waffles w/<br>Toppings and Sausage<br>Hash Browns                                  | Beef & Cheese<br>Nacho/ Taco Bar<br>Chickpea Salad   |  |
| SANDWICH   | Mediterranean Wrap<br>Turkey w/ Provolone ,Green<br>Peppers, Tomatoes, Onions,<br>Black Olives & Banana Peppers | Mediterranean Wrap<br>Turkey w/ Provolone ,Green<br>Peppers, Tomatoes, Onions,<br>Black Olives & Banana Peppers | Mediterranean Wrap<br>Turkey w/ Provolone ,Green<br>Peppers, Tomatoes, Onions,<br>Black Olives & Banana Peppers | Mediterranean Wrap<br>Turkey w/ Provolone ,Green<br>Peppers, Tomatoes, Onions,<br>Black Olives & Banana Peppers | Mediterranean Wrap<br>Turkey w/ Provolone , Green<br>Peppers, Tomatoes, Onions,<br>Black Olives & Banana Peppers |  |
| SALAD      | Buffalo Ranch<br>Popcorn Chicken<br>Salad w/ Roll   | Buffalo Ranch<br>Popcorn Chicken<br>Salad w/ Roll   | Buffalo Ranch<br>Popcorn Chicken<br>Salad w/Roll  | Buffalo Ranch<br>Popcorn Chicken<br>Salad w/ Roll   | Buffalo Ranch<br>Popcorn Chicken<br>Salad w/ Roll  |  |
| PIZZA      | Cheese<br>Pepperoni<br>Veggie Pizza   | Cheese<br>Pepperoni<br>Cheeseburger Pizza   | Cheese<br>Pepperoni<br>Sausage Pizza  | Cheese<br>Pepperoni<br>Hawaiian Pizza   | Cheese<br>Pepperoni  |  |
|            |   |   |   |   |  |  |

Lunch Prices: Reduced- \$0.00 Paid- \$3.10

Menus are subject to change.

#### **Local Lettuce**

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