



NORTH STONINGTON
PUBLIC SCHOOLS

October 2026

WHEELER HS/MS LUNCH MENU

October 1 -2

Lunch Prices: Reduced- \$0.40 Paid- \$4.00

BREAKFAST IS FREE!

Powering
potential.

MON

TUES

WED

THURS

FRI

GRILL

ENTREE

SANDWICH

SALAD

PIZZA

Pizza Crunchers

Chicken Nuggets w/
Breadstick

Turkey Barbacoa
Tacos
Baby Carrots

Tater Tot Beef Nachos
w/ Breadstick
Edamame Beans

Chicken BLT Sub

Chicken BLT Sub

Egg Chef Salad w/
Breadstick

Egg Chef Salad w/
Breadstick

Veggie Pizza

Buffalo Chicken Pizza

Menus are subject to change.

Gluten Free options available upon request

Contact information:

Monique Herard- Foodservice Director
Herard-Monique@aramark.com



Available Daily:

Cheese Pizza
Pepperoni Pizza
Sun Butter & Jelly Sandwich
Assorted Fruit
Assorted Vegetables

All Lunches Must
Include Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk

aramark
STUDENT
NUTRITION

This institution is an equal
opportunity providers

OCTOBER IS NATIONAL FARM TO SCHOOL MONTH

CT GROWN FOR CT KIDS WEEK

1ST WEEK OF OCTOBER

CLASSROOM • CAFETERIA • COMMUNITY

WWW.CTFARMTOSCHOOL.ORG

BROUGHT TO YOU IN PARTNERSHIP WITH:



All apples served are locally grown.

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10/5-10/9

Powering potential.

	MON	TUES	WED	THURS	FRI
GRILL	Hamburger or Cheeseburger	Spicy Chicken Patty Sandwich	Grilled Cheese Sandwich	Pizza Crunchers w/ Dipping Sauce	Chicken Nuggets w/ Breadstick
ENTREE	Meatball Pizza Sub Local Roasted Potatoes	Macaroni & Cheese w/ Ham Local Heirloom Tomato Salad	Country Popcorn Chicken Bowl Corn	Chicken Tikka Masala Local Cucumber Salad	Beef & Cheese Nachos Roasted Chickpeas
SANDWICH	Buffalo Chicken Wrap	Buffalo Chicken Wrap	Buffalo Chicken Wrap	Buffalo Chicken Wrap	Buffalo Chicken Wrap
SALAD	Greek Salad w/ Pita Bread	Greek Salad w/ Pita Bread	Greek Salad w/ Pita Bread	Greek Salad w/ Pita Bread	Greek Salad w/ Pita Bread
PIZZA	White Pizza	Meat Lover's Pizza	Chicken Bacon Ranch	Veggie Pizza	Buffalo Chicken Pizza

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10/12-10/16

Powering
potential.™

GRILL

ENTREE

SANDWICH

SALAD

PIZZA

MON

No School

TUES

Pizza Sticks w/
Dipping Sauce

WED

Chicken Patty
Sandwich

THURS

Grilled Cheese
Sandwich

FRI

Chicken Nuggets w/
Breadstick



Limited Time Offer:
**Southwest Crunch
Burger**
Tater Tots

Penne w/ Tomato
Alfredo & Chicken
Caesar Salad

Orange Popcorn
Chicken w/ Rice
Broccoli

Kickin' Bean & Beef
Tortilla Bowl
Black Beans

All-American Sub w/
Lettuce & Tomato

All-American Sub w/
Lettuce & Tomato

All-American Sub w/
Lettuce & Tomato

All-American Sub w/
Lettuce & Tomato

Turkey Nacho Salad
w/ Tortilla Chips

Turkey Nacho Salad
w/ Tortilla Chips

Turkey Nacho Salad
w/ Tortilla Chips

Turkey Nacho Salad
w/ Tortilla Chips

Meat Lover's Pizza

Chicken Bacon Ranch

Veggie Pizza

Buffalo Chicken Pizza

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feedyourpotential365™

aramark

Discover what healthy food, and other healthy lifestyle choices, can do to help everyone reach their potential.



LIVE YOUR BEST LIFE!



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10/19-10/23

Powering
potential.™

	MON	TUES	WED	THURS	FRI
GRILL	Hamburger or Cheeseburger	Spicy Chicken Patty	Beef & Cheese Quesadilla	Grilled Cheese Sandwich	Chicken Nuggets w/ Breadstick
ENTREE	Meatball Pizza Sub Waffle Fries	Lasagna w/ Breadstick Garden Salad	Grab and Go Early Release	Terriyaki Popcorn Chicken w/ Rice Broccoli	Beef & Cheese Nachos Cucumber Slices
SANDWICH	Turkey & Cheese Wrap	Turkey & Cheese Wrap	Turkey & Cheese Wrap	Turkey & Cheese Wrap	Turkey & Cheese Wrap
SALAD	Greek Salad w/ Breadstick	Greek Salad w/ Breadstick	Greek Salad w/ Breadstick	Greek Salad w/ Breadstick	Greek Salad w/ Breadstick
PIZZA	White Pizza	Meat Lover's Pizza	Chicken Bacon Ranch	Veggie Pizza	Buffalo Chicken Pizza

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Free Breakfast!

Starting this Fall, ALL students enrolled in public K-12 schools in Connecticut will receive **FREE BREAKFAST!**

This program provides nutritionally dense, free breakfasts to all students.



October 2026

WHEELER HS/MS
LUNCH MENU

Lunch Prices: Reduced- \$0.40 Paid- \$4.00

10/26-29

Powering
potential.™

	MON	TUES	WED	THURS	FRI
GRILL	Hamburger or Cheeseburger	BBQ Chicken Flatbread	Chicken Patty Sandwich	Hamburger w/ Roasted Onion & Jalapeno Garlic Mayo	Chicken Nuggets w/ Breadstick
ENTREE	Buzzer Beater Basket Crinkle Cut Fries	Pasta & Meatballs w/ Breadstick Garden Salad	Pulled Pork Cubano Eggoji Sandwich Green Beans	Italian Popcorn Chicken w/ Red Sauce Bowl Broccoli	Beef & Cheese Nachos Kickin' Pinto Beans
SANDWICH	Ham & Cheese Sub w/ Lettuce & Tomato	Ham & Cheese Sub w/ Lettuce & Tomato	Ham & Cheese Sub w/ Lettuce & Tomato	Ham & Cheese Sub w/ Lettuce & Tomato	Ham & Cheese Sub w/ Lettuce & Tomato
SALAD	Chicken Caesar Salad w/ Breadstick	Chicken Caesar Salad w/ Breadstick	Chicken Caesar Salad w/ Breadstick	Chicken Caesar Salad w/ Breadstick	Chicken Caesar Salad w/ Breadstick
PIZZA	White Pizza	Meat Lover's Pizza	Chicken Bacon Ranch	Veggie Pizza	Buffalo Chicken Pizza

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