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 with your school day

Lunch Prices: Paid $3.90 | Reduced $0.40

Contact information:
Elena Rosenthal
Foodservice Director
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NOVEMBER 2026

SBJ Sandwich offered at lunch daily

Vegetarian entrées are written in green

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cinnamon Breakfast Bun Assorted Cereal Juice/Fruit	3 No School	4 Egg and Cheese Croissant Assorted Cereal Juice/Fruit	5 Cherry Frudel Assorted Cereal Juice/Fruit	6 Cheese Bosco Stick Assorted Cereal Juice/Fruit
9 Mini Strawberry Cream Cheese Bagel Assorted Cereal Juice/Fruit	10 Turkey Sausage and Egg Breakfast Sandwich Assorted Cereal Juice/Fruit	11 ***Veterans Day*** ***No School***	12 Waffle with Syrup Assorted Cereal Juice/Fruit	13 Chicken Ham and Cheese Bagel Melt Assorted Cereal Juice/Fruit
16 Apple Frudel Assorted Cereal Juice/Fruit	17 Homemade Blueberry Muffin Square Assorted Creal Juice/Fruit	18 Egg and Cheese Breakfast Taco Assorted Cereal Juice/Fruit	19 Vanilla Goldfish Crackers Hard Boiled Egg Assorted Cereal Juice/Fruit	20 Cinnamon Dazzle Breakfast Bun Assorted Cereal Juice/Fruit
23 Vanilla Confetti Snack'n Waffles Assorted Cereal Juice/Fruit	24 Cheese Bosco Stick Assorted Cereal Juice/Fruit	25 Bagel with Cream Cheese Assorted Cereal Juice/Fruit	26 Thanksgiving Break No School	27 Thanksgiving Break No School
30 Banana Chocolate Chip Breakfast Square Assorted Cereal Juice/Fruit	Choice of Cereal Milk Fruit Juice Daily			

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*No duplicates on cereal o 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!

