



NORTH STONINGTON
Public Schools

November 2023

WHEELER JR/SR HIGH SCHOOL LUNCH MENU

**Limited
Time
Offering:**
11/13-11/17

Spicy Tzatziki
Beef Gyro

Whole grain flatbread topped with seasoned potatoes, Greek inspired beef, tomato cucumber salad, spicy tzatziki and feta cheese.

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

**Powering
potential.**

MON	TUES	WED	THURS	FRI
			Orange Popcorn Chicken w/ Rice	Beef & Cheese Nachos
			Edamame Beans	Grape Tomatoes
Steak & Cheese Sub w/ Peppers & Onions	<u>National Nacho Day</u> Tater Tot Beef Nachos w/ Roll	French Toast Sticks w/ Scrambled Eggs	General Tso's Chicken w/ Rice	
Carrots	Baked Beans	Sweet Potato Fries	Fresh Broccoli	
Spicy Tzatziki Beef Gyro	Macaroni & Cheese w/ Roll	Pancakes w/ Sausage	<u>Thanksgiving Dinner</u> Turkey & Gravy w/ Stuffing	Beef & Cheese Nachos
Baby Carrots	Broccoli Limited Time Offering: Spicy Tzatziki Beef Gyro	Hash Brown	Mashed Potato Apple Crisp 	BBQ Black Beans
Chicken Tenders w/ Biscuit	Spaghetti & Meatballs w/ Roll	Buffalo Chicken Flatbread Sandwich		
Baked Beans	Green Beans	Cucumber Coins		
Pizza Sticks w/ Marinara Sauce	Popcorn Chicken Bowl w/ Biscuit	<u>Waffley Wednesday</u> Waffles w/ Cheese Omelet	Sloppy Joe Melt	
Edamame Beans	Seasoned Corn	Waffle Fries	Peas & Carrots	

Menus are subject to change. Prices: Red \$0.00 – Paid \$3.10



Available Daily:
Cheese Pizza, Pepperoni Pizza, Chicken Patty,
Veggie Burger, Hamburger, Cheeseburger,
Grilled Cheese, Chicken Nuggets, Assorted
Salads, Assorted Wraps.
Gluten Free options available upon request. See
kitchen staff for details.

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STUDENT
NUTRITION 

This institution is an equal opportunity provider.