Old Saybrook High School
Lunch November 2026

Daily Alternates – Yogurt^ Combo, Asst Salads* w Protein, Asst Deli Sandwiches* and PB&J

ALL MEALS offered with variety of veggie sticks and fresh, canned and dried fruit

All breads/grain items are at least 51% whole grain

Fat Free Chocolate and 1% White milk are offered with every meal

Menu is subject to change

This institution is an equal opportunity provider

Thoroughly cooking meats, poultry, seafood, shellfish and egg reduces the risk of foodborne illness.

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 	4 Beef ** Nachos* w Lettuce*, Tomato, Cheese and Salsa Refried Beans Corn	5 Penne Alfredo w Chicken Garlic Knot California Blend	6 Pizza Crunchers Side Salad*
9 Chicken Bacon Cheeseburger*/** on Roll w Lettuce* and Tomato Sweet Potato Fries	10 Twisty Cheese Filled Breadsticks w Marinara Broccoli	11 Popcorn Chicken** Biscuit Mashed Potatoes	12 Chicken and Vegetable Dumplings Fried Rice Green Beans	13 Pizza Side Salad*
16 Chicken Tenders** Cornbread California Blend	17 Turkey Medallions Stuffing Mashed Potatoes w Gravy Dinner Roll	18 Beef** Soft Tacos w Lettuce*, Tomato, Cheese and Salsa Refried Beans Corn	19 Chicken Fillet** on Roll w Lettuce* and Tomato Cole Slaw Sweet Potato Waffle Fries	20 Mozzarella Sticks w Marinara Sauce Side Salad*
23 French Toast Sticks Chicken Sausage Sweet Potato Wedges	24 Chicken** Parm on Crown Roll Green Beans	25 	26 	27 
30 Chicken** and Waffles w Maple Syrup* Sweet Potato Crinkle Fries				

*Locally Sourced
^ Regionally Sourced
** Plant Based Option Available

Lunch
Free Students - $0.00
Reduced Students - $0.00
Full Pay Students - $4.50
Second Lunch - $4.50

Milk
$0.65

https://family.schoolcafe.com/OSPS

Use our on-line payment system to add money to your student's account

SchoolCafé

There is no charging for a la carte items such as milk bought separately from reimbursable meals