# Old Saybrook Middle School
## Lunch November 2026

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

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 Garlic Knot Green Beans | 6 Pizza Crunchers Side Salad* |
| 9 Pancakes w Maple Syrup* Chicken Sausage Sweet Potato Fries | 10 Cheeseburger on Bun w Lettuce* and Tomato Oven Fries | 11 Popcorn Chicken Biscuit Mashed Potatoes | 12 Mini Corn Dogs Green Beans | 13 Big Daddy's 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 Cheese Bites w Marinara Green Beans | 25  | 26   | 27  |
| 30 Chicken and Waffles w Maple Syrup* Sweet Potato Crinkle Fries | | | | |

*Locally Souced
^ Regionally Sourced

**Lunch**
Free Students - $0.00
Reduced Students - $0.00
Full Pay Students - $4.25
Second Lunch - $4.25

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