

Wallingford Schools

Elementary School Menu September 2023

Lunch Price \$3.25

Free for those eligible for reduced priced lunch this school year

Free for those eligible for Free lunch

New Website for Online Payments: <https://lingconnect.com/DBDL9D>

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Welcome Back to Another Fantastic School Year!	Please be sure to fill out the Free and reduced Lunch application for this school year!	Free and reduced priced lunch eligibility may also qualify students for school related benefits!	Dutch Waffle! Syrup Chicken Sausage Patties Baked Tator Tots Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">31</div>	Stuffed Crust Cheese Pizza! Steamed Broccoli With Cheese Sauce Fresh or Chilled Fruit Choices, and Choice of Milk <div style="text-align: right;">1</div>
<i>Daily Alternates:</i> Whole Grain Bagel Yogurt, and Cheese Stick Meal Chef Salad not available this week				
	Whole Grain Breaded Chicken Nuggets! Whole Grain Dinner Roll Baked Smile Fries Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">5</div>	Whole Grain Breaded Mozzarella Sticks! With Marinara Sauce Italian Mixed Vegetables Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">6</div>	Sausage, Egg, & Cheese on a Whole Grain Croissant! Sweet Potato Wedges Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">7</div>	Pizza Cheese Crunchers! Mozzarella Cheese and Pizza Sauce inside a Whole Grain Bread Coating! Pizza Dipping Sauce Tossed Garden Salad Fresh or Chilled Fruit Choice of Milk <div style="text-align: right;">8</div>
<i>Daily Alternates:</i> Whole Grain Reduced Sugar Cereal, Yogurt and Cheese Stick Meal Turkey & Cheese Chef Salad & Whole Grain Roll				
Beef Hotdog on a Whole Grain Bun! With Cheese Sauce Baked Beans Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">11</div>	Far East Popcorn Chicken! Whole Grain Breaded Popcorn Chicken with Orange Sauce Served over Fried Rice Far East Vegetables Fresh or Chilled Fruit, and Choice of Milk Fortune Cookie! <div style="text-align: right;">12</div>	Whole Grain Cheese Calzone! Topped with Pizza Sauce Fresh Made Tomato & Cucumber Salad Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">13</div>	French Toast Sticks! With Syrup Chicken Sausage Patties Baked Smile Fries Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">14</div>	Cheese Pizza Slice! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit Choices, and Choice of Milk <div style="text-align: right;">15</div>
<i>Daily Alternates:</i> Whole Grain Bagel, Yogurt, and Cheese Stick Meal Popcorn Chicken Chef & Whole Grain Roll				
Cheese Burger on a Bakery Fresh Whole Grain Bun! Baked French Fries Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">18</div>	Walking Taco! Chicken Taco Meat, Lettuce, Tomato, Salsa, Cheese & Sour Cream over Whole Grain Doritos Southwest Bean Salad Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">19</div>	Meatball Grinder! Beef and Chicken Meatballs in Marinara Sauce, Nestled in A Whole Grain Grinder Roll Capri Mixed Vegetables Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">20</div>	Whole Grain Belgian Waffle Sticks! With Syrup Chicken Sausage Patties Fresh Cut Tomato & Basil Salad Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">21</div>	Whole Grain Pizza Twisty Sticks! Pizza Dipping Sauce Tossed Garden Salad Fresh & Chilled Fruit Choices, and Choice of Milk <div style="text-align: right;">22</div>
<i>Daily Alternates:</i> Whole Grain Reduced Sugar Cereal, Yogurt and Cheese Stick Meal Ham & Cheese Chef Salad & Whole Grain Roll				
Grilled Cheese on Whole Wheat Bread! Baked Smile Fries Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">25</div>	Whole Grain Breaded Mini Chicken Corn Dogs! Fiesta Red Bean Salad Fresh or Chilled Fruit Choices, and Choice of Milk <div style="text-align: right;">26</div>	Cheesy Mac & Cheese! Texas Toast Garlic Bread Steamed Seasoned Broccoli Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">27</div>	Chicken & Waffle! Whole Grain Waffle with Popcorn Chicken Dipping Syrup Baked Sweet Potato Fries Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">28</div>	French Bread Pizza! Catalina Vegetables Fresh or Chilled Fruit, and Choice of Milk <div style="text-align: right;">29</div>
<i>Daily Alternates:</i> Whole Grain Bagel, Yogurt, and Cheese Stick Meal Meatball Chef Salad & Whole Grain Roll				

For in Class Ordering: Main Entrée=Choice 1 Bagel or Cereal= Choice 2 Chef Salad=Choice 3

Daily Alternates indicate main entrée alternative meals – All vegetable & fruit components listed with the main entree are offered with the alternate meals.

Milk choices include Non-fat Chocolate, Skim, or 1%.

Call or e-mail us with questions or comments! Jim Bondi, Food Service Director at 860-294-5927 or at jbondi@wallingfordschools.org