




Wallingford Schools

High School Breakfast Menu- November 2023

All School Breakfast Meals are Free of Charge through the End of the School Year.

Menu is subject to change due to ongoing supply chain issues

Breakfast is Not Served on Delayed Opening Days!

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>Chocolate Chip Muffin Flat! or choice of Hot Breakfast Sandwich or Whole Grain Bagel 100% Chilled Fruit Juice and Choice of Milk</p> <p style="text-align: right;">30</p>	<p>Honey Wheat Breakfast Bar! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">31</p>	<p>Apple Breakfast Bun! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">1</p>	<p>Breakfast Donut Sticks! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">2</p>	<p>Oatmeal Chocolate Chip Breakfast Bar! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">3</p>
<p>Cinnamon Breakfast Crumb Cake! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">6</p>	 <p style="text-align: center;">Election Day</p>	<p>Banana Chocolate Breakfast Bar! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">8</p>	<p>Oatmeal Chocolate Breakfast Round! or choice of Hot Breakfast Sandwich or Whole Grain Bagel 100% Fruit Juice and Choice of Milk</p> <p style="text-align: right;">9</p>	 <p style="text-align: center;">VETERANS DAY</p>
<p>Pumpkin Breakfast Bread! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">13</p>	<p>Mini Bagels With Strawberry Cream Cheese! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">14</p>	<p>Cinnamon Breakfast Bar! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">15</p>	<p>Whole Grain Cinnamon Pop Tarts! or choice of Hot Breakfast Sandwich or Whole Grain Bagel 100% Chilled Fruit Juice and Choice of Milk</p> <p style="text-align: right;">16</p>	<p>French Toast Breakfast Bar! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">17</p>
<p>Blueberry Breakfast Bread! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">20</p>	<p>Chocolate Breakfast Crescent Bun! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">21</p>	<p>Cinnamon Breakfast Bun! or choice of Hot Breakfast Sandwich or Whole Grain Bagel 100% Chilled Fruit Juice and Choice of Milk</p> <p style="text-align: right;">22</p>	 <p style="text-align: center;">Happy Thanksgiving</p>	<p style="text-align: center;">The Day After!</p>
<p>Banana Breakfast Bread! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">27</p>	<p>Apple Frudel! or choice of Hot Breakfast Sandwich or Whole Grain Bagel 100% Chilled Fruit Juice and Choice of Milk</p> <p style="text-align: right;">28</p>	<p>Cinnamon Breakfast Bun! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">29</p>	<p>Blueberry Muffin! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">30</p>	<p>Lemon Breakfast Bread! or choice of Hot Breakfast Sandwich or Whole Grain Bagel Fresh & Chilled Fruit Choices and Choice of Milk</p> <p style="text-align: right;">1</p>

All Daily Breakfast menus meets the USDA School breakfast Program 5 Day meal pattern for grades Pre K-8. All meal components meet the USDA Whole Grain requirements, and equal one or two grains. All Fruit/Juice offered equals 1 cup
Milk choices include Non-fat Chocolate, 1% White, or Skim.

Call or e-mail us with questions or comments! Jim Bondi, Food Service Director at 203-294-5928 or at jbondi@wallingfordschools.org