


Wallingford Schools

Middle School Breakfast Menu- September 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>Welcome Back to Another Fantastic School Year!</p>	<p>Please be sure to fill out the Free and reduced Lunch application for this school year!</p>	<p>Free and reduced priced lunch eligibility may also qualify students for school related benefits!</p>	<p>Apple Breakfast Bun!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">31</p>	<p>Breakfast Donut Sticks!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">1</p>
	<p>Oatmeal Chocolate Chip Breakfast Bar!</p> <p>100% Fruit Juice Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">5</p>	<p>Cinnamon Breakfast Crumb Cake!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">6</p>	<p>Banana Chocolate Breakfast Bar!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">7</p>	<p>Oatmeal Chocolate Breakfast Round!</p> <p>Apple Slices 100% Fruit Juice Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">8</p>
<p>Pumpkin Breakfast Bread!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">11</p>	<p>Mini Bagels With Strawberry Cream Cheese!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">12</p>	<p>Cinnamon Breakfast Bar!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">13</p>	<p>Whole Grain Cinnamon Pop Tart!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">14</p>	<p>French Toast Breakfast Bar!</p> <p>100% Fruit Juice Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">15</p>
<p>Blueberry Breakfast Bread!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">18</p>	<p>Chocolate Breakfast Crescent Bun!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">19</p>	<p>Cinnamon Breakfast Bun!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">20</p>	<p>Banana Breakfast Bread!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">21</p>	<p>Apple Frudel!</p> <p>100% Fruit Juice Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">22</p>
<p>Cinnamon Breakfast Bun!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">25</p>	<p>Blueberry Muffin!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">26</p>	<p>Lemon Breakfast Bread!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">27</p>	<p>Chocolate Chip Muffin Flat!</p> <p>100% Fruit Juice Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">28</p>	<p>Honey Wheat Breakfast Bar!</p> <p>Fresh Whole Fruit Non-Fat Chocolate or 1% White Milk</p> <p style="text-align: right;">29</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, or 1% White..

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