

# Wallingford Schools

## October 2024



Lunch Price \$3.35

Free for those eligible for reduced priced lunch this school year, and Free for those eligible for free lunch

# Dag and Moran Middle School Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chicken Drumsticks!</b> Mini Boneless Breaded Chicken Drumsticks BBQ Dipping Sauce Whole Grain Dinner Roll Sweet Potato Waffle Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>30</b>	<b>Loaded Potato Wedges!</b> With Chicken Taco Meat, Broccoli, Cheese Sauce, Sour Cream, & Bacon Bits! Whole Grain Dinner Roll Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>1</b>	<b>Cheesy Mac &amp; Cheese!</b> Garlic Breadstick Texas Ranchero Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>2</b>	<b>Sausage, Egg &amp; Cheese on a Whole Grain Croissant!</b> Baked Tator Tots or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>3</b>	<b>Pizza Bites!</b> Whole Grain Baked Pizza Dough Pockets Filled with Mozzarella Cheese and Served with Pizza Sauce Green Leaf Tossed Garden Salad Fresh or Chilled Fruit, and Choice of Milk <b>4</b>
<b>Daily Alternates:</b> WG Bagel Meal      Cereal Meal      Spicy Chicken Patty Meal      Ham & Cheese Chef Salad				
<b>Steak &amp; Cheese Grinder with Cheese Sauce!</b> Baked Smile Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>7</b>	<b>Chicken Nuggets!</b> Honey Mustard Dipping Sauce Whole Grain Garlic Knot Roll Taco Fiesta Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>8</b>	<b>PizzaBoli Calzone!</b> Mozzarella Cheese and Pizza Sauce Wrapped in a Golden Sicilian Crust Fresh Made Tomato and Cucumber Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>9</b>	<b>Whole Grain Belgian Waffle Sticks!</b> Syrup and Chicken Sausage Patties Fresh Sliced Cucumbers or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <b>10</b>	<b>Cheese Pizza Bagels!</b> Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>11</b>
<b>Daily Alternates:</b> WG Bagel Meal      Cereal Meal      Cheeseburger Meal      Popcorn Chicken Chef Salad				
	<b>Grilled Cheese on a Whole Grain Ciabatta Roll!</b> Oven Baked Crinkle Cut Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>15</b>	<b>Mini Breaded Cheese Ravioli!</b> Marinara Dipping Sauce Broccoli Florets or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>16</b>	<b>French Toast Sticks with Syrup!</b> Chicken Sausage Patty Fresh Grape Tomato & Basil or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>17</b>	<b>Pizza Taco Bites!</b> Taco Sauce, Beef, and Mozzarella Cheese Wrapped in Whole Grain Triangles Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>18</b>
<b>Daily Alternates:</b> WG Bagel Meal      Cereal Meal      Crispy Chicken Patty Meal      Cheese & Pepperoni Chef Salad				
<b>Cheeseburger on a Whole Grain Pretzel Roll!</b> Whole Grain Breaded Onion Rings or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>21</b>	<b>Popcorn Chicken Bites!</b> Sweet & Sour Dipping Sauce Texas Toast Garlic Bread Sweet Potato Waffle Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>22</b>	<b>Whole Grain Breaded Mozzarella Sticks!</b> Marinara Sauce Whole Grain Dinner Roll Fiesta Bean Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>23</b>	<b>Half Day! Mini Cinni French Toast!</b> Chicken Sausage Patty Baked Tator Tots or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>24</b>	<b>Pizza Crunchers!</b> Mozzarella Cheese and Pizza Sauce Nestled in a Whole Grain Breaded Coating Tossed Garden Salad Or Fresh veggie Choice Fresh or Chilled Fruit, and Choice of Milk <b>25</b>
<b>Daily Alternates:</b> WG Bagel Meal      Cereal Meal      Beef Hotdog Meal      Turkey & Cheese Chef Salad				
<b>Emoji Waffles!</b> Syrup, Strawberries and Whipped Cream! Chicken Sausage Links Baked Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>28</b>	<b>Walking Taco!</b> Chicken Taco Meat over Dorito Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Mexican Corn or Fresh Veggie Choice Fresh & Chilled Fruit Choices, and Choice of Milk <b>29</b>	<b>Pasta and Meatballs!</b> Whole Grain Penne Pasta and Chicken and Beef Meatballs in Marinara Sauce Italian Mixed Vegetables or Fresh Veggie Choice Fresh & Chilled Fruit Choices, and Choice of Milk <b>30</b>	<b>Halloween! Zombie (Chicken) Fingers</b> <b>Diabolical Dinner Roll</b> <b>Monster Mashed Potato With Ghoul Gravy</b> <b>Freaky Fruit</b> <b>Monster Milk</b> <b>Creepy Cookie</b> <b>31</b>	<b>Pizza Sticks!</b> Bread Sticks Stuffed with Mozzarella Cheese and Topped with Pizza Sauce! Green Leaf Tossed Garden Salad or fresh Veggie Choice Fresh & Chilled Fruit Choices, and Choice of Milk <b>1</b>
<b>Daily Alternates:</b> WG Bagel Meal      Cereal Meal      Spicy Chicken Patty Meal      Grilled Chicken Breast Chef Salad				

**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 203-294-5928 or at

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*This Organization is an Equal Opportunity Employer!*