

# Wallingford Schools

## February 2025





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 Egg Roll with Chicken and Vegetable Dumplings!</b> Sweet & Sour Dipping Sauce Stir Fry Vegetables or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk <b>Fortune Cookie!</b> 3	<b>Whole Grain Breaded Chicken Nuggets!</b> BBQ Dipping Sauce Whole Grain Dinner Roll Baked Spiral Fries or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 4	<b>Cheese Lasagna!</b> with Marinara Sauce Texas Toast Garlic Bread Steamed Broccoli or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 5	<b>Sausage, Egg &amp; Cheese on a Whole Grain Croissant!</b> Sweet Potato Wedge Fries or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 6	<b>Super Bowl Lunch! Whole Grain Breaded Chicken Drumsticks!</b> Chikn-Dipping Sauce Chips & Salsa Texas Ranchero Beans Fresh or Chilled Fruit, and Choice of Milk <b>Super Bowl Cookie!</b> 7
<b>Daily Alternates:</b> WG Bagel Meal      Cereal Meal      Spicy Chicken Patty Meal      Mozz. and Cheddar Chef Salad				
<b>Crispy Chicken Patty on A Whole Grain Roll!</b> Baked Smile Fries or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 10	<b>Chicken Enchilada!</b> Chicken, Mozzarella Cheese, and Enchilada Sauce Wrapped in a Whole Grain Pocket Taco Fiesta Beans or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk      11	<b>Breaded Mozzarella Sticks!</b> Marinara Sauce Fresh Cut Green Pepper Strips with Light Ranch Dressing or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk      12	<b>Half Day! Mini Confetti Pancakes!</b> Dipping Syrup Chicken Sausage Patties Sweet Potato Waffle Fries or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk      13	<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      14
<b>Daily Alternates:</b> WG Bagel Meal      WG Cereal Meal      Cheeseburger/WG Bun Meal      Sliced Chicken Breast Chef Salad				
		<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 Choice of Milk      19	<b>Whole Grain Pancakes!</b> Syrup, Strawberries and Whipped Cream Chicken Sausage Patties Baked Tator Tots or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk      20	<b>Cheese Pizza Square!</b> Tossed Garden Salad Or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk      21
<b>Daily Alternates:</b> WG Bagel Meal      WG Cereal Meal      Beef Hotdog Meal      Turkey & Cheese Chef Salad				
<b>Cheeseburger on a Whole Grain Pretzel Roll!</b> Onion Rings Baked Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 24	<b>Far East Popcorn Chicken!</b> Whole Grain Breaded Popcorn Chicken with Orange Sauce Served over Fried Rice Honey Ginger Carrots or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>Fortune Cookie!</b> 25	<b>Cheesy Mac &amp; Cheese!</b> Garlic Breadstick Fresh Cut Cucumbers with Light Ranch Dressing or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk      26	<b>French Toast Sticks!</b> With Syrup Chicken Sausage Patties Baked Potato Wedges Or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk      27	<b>French Bread Pizza!</b> Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk      28
<b>Daily Alternates:</b> WG Bagel Meal      WG Cereal Meal      Cheese Pizza Slice Meal      Cheeseburger Chef Salad				
<b>Chicken Tenders!</b> Whole Grain Dinner Roll Mashed Potato & Gravy or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 3	<b>Taco Nachos!</b> Chicken Taco Meat over Whole Grain Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Mexican Corn or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk      4	<b>Meatball Grinder!</b> Beef and Chicken Meatballs Nestled in a Whole Grain Grinder Roll with Marinara Sauce Italian Mixed Vegetables or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk      5	<b>Whole Grain Belgian Waffle Sticks!</b> Syrup and Chicken Sausage Patties Baked Beans or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk      6	<b>Cheese Pizza Slice!</b> Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk      7
<b>Daily Alternates:</b> WG Bagel Meal      Cereal Meal      Crispy Chicken Patty Meal      Popcorn Chicken 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**

**[jbondi@wallingfordschools.org](mailto:jbondi@wallingfordschools.org)**

**This Organization is an Equal Opportunity Employer!**