

# Wallingford Schools





## Dag & Moran Middle School Lunch Menu- November 2023

Lunch Price \$3.35

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>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Grilled Cheese!</b> Fresh Grape Tomato with Basil Fresh & Chilled Fruit Choices, and Choice of Milk 30	<b>HALLOWEEN SPECIAL!</b> Zombie (Chicken) Fingers Diabolical Dinner Roll Monster Mashed Potato With Ghoul Gravy Freaky Fruit Monster Milk Creepy Cookie <b>OCTOBER 31</b>	<b>Sausage, Egg, &amp; Cheese on a Croissant!</b> Baked Beans Fresh & Chilled Fruit Choices, and Choice of Milk 1	<b>Pancakes with Syrup &amp; Strawberries!</b> Whole Grain Breaded Chicken Tenders Cucumber & Tomato Salad Fresh & Chilled Fruit Choices, and Choice of Milk 2	<b>French Bread Pizza!</b> Green Leaf Tossed Garden Salad Fresh or Chilled Fruit Choices, and Choice of Milk 3
<b>Daily Alternates:</b> Whole Grain Bagel Yogurt, and Cheese Stick Meal    WG Cereal, Yogurt and Cheese Stick Meal    Spicy Chicken Patty on WG Roll				
<b>Whole Grain Breaded Mini Chicken Corn Dogs!</b> Baked Beans Fresh or Chilled Fruit Choices, and Choice of Milk 6		<b>Whole Grain Cheese Calzone!</b> Topped with Pizza Sauce Fresh Cut Pepper Slices with Ranch Dip Fresh or Chilled Fruit, and Choice of Milk 8	<b>French Toast Sticks!</b> With Syrup Chicken Sausage Patties Baked Tator Tots Fresh or Chilled Fruit, and Choice of Milk 9	
<b>Daily Alternates:</b> Whole Grain Bagel Yogurt, and Cheese Stick Meal    WG Cereal, Yogurt and Cheese Stick Meal    Turkey & Cheese L&T WG Roll				
<b>Whole Grain Breaded Chicken Tenders!</b> Honey Mustard Dipping Sauce Whole Grain Dinner Roll Baked French Fries Fresh or Chilled Fruit, and Choice of Milk 13	<b>Cheese Burger on a Bakery Fresh Whole Grain Bun!</b> BBQ Baked Beans Fresh or Chilled Fruit, and Choice of Milk 14	<b>Whole Grain Breaded Mozzarella Sticks!</b> With Marinara Sauce Italian Mixed Vegetables Fresh or Chilled Fruit, and Choice of Milk 15	<b>Emoji Waffles with Warm Apples!</b> Chicken Sausage Patties Sweet Potato Waffle Fries Fresh or Chilled Fruit, and Choice of Milk 16	<b>Whole Grain Pizza Twisty Sticks!</b> Pizza Dipping Sauce Tossed Garden Salad Fresh & Chilled Fruit Choices, and Choice of Milk 17
<b>Daily Alternates:</b> Whole Grain Bagel Yogurt, and Cheese Stick Meal    WG Cereal, Yogurt and Cheese Stick Meal    Crispy Chicken Patty WG Roll				
<b>Steak &amp; Cheese On a Whole Grain Roll!</b> Baked Smile Fries Fresh or Chilled Fruit, and Choice of Milk 20	<b>Thanksgiving Lunch!</b> Roasted Turkey with Mashed Potato & Gravy! Cranberry Sauce Whole Grain Dinner Roll Mixed Garden Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk <b>Thanksgiving Cookie!</b> 21	<b>Stuffed Crust Cheese Pizza!</b> <b>Green Leaf Tossed Garden Salad</b> Fresh or Chilled Fruit Choices, and Choice of Milk 22		
<b>Daily Alternates:</b> Whole Grain Bagel Yogurt, and Cheese Stick Meal    WG Cereal, Yogurt and Cheese Stick Meal    Cheeseburger on a WG Roll				
<b>Crispy Whole Grain Breaded Chicken Patty on a Whole Grain Roll!</b> Baked Beans Fresh or Chilled Fruit, and Choice of Milk 27	<b>Beef Hotdog on a Whole Grain Bun!</b> Broccoli Florets with Dipping Cheese Sauce Fresh or Chilled Fruit, and Choice of Milk 28	<b>Cheesy Mac &amp; Cheese!</b> Texas Toast Garlic Bread Pizza Green Beans Fresh or Chilled Fruit, and Choice of Milk 29	<b>Dutch Waffle!</b> Syrup Chicken Sausage Patties Mexican Corn Fresh or Chilled Fruit, and Choice of Milk 30	<b>Pizza Cheese Crunchers!</b> Mozzarella Cheese and Pizza Sauce inside a Whole Grain Bread Coating! Pizza Dipping Sauce Fresh Grape Tomato Fresh or Chilled Fruit, and Choice of Milk 1
<b>Daily Alternates:</b> Whole Grain Bagel Yogurt, and Cheese Stick Meal    WG Cereal, Yogurt and Cheese Stick Meal    Ham & Cheese L&T/WG Roll				

**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)