

Wallingford Schools


Dag & Moran Middle School Lunch Menu- September 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
<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>Dutch Waffle! Syrup Chicken Sausage Patties Baked Tator Tots Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">31</p>	<p>Stuffed Crust Cheese Pizza! Steamed Broccoli With Cheese Sauce Fresh or Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">1</p>
Daily Alternates: Whole Grain Bagel Yogurt, and Cheese Stick Meal				
 <p>Happy Labor Day!!</p>	<p>Whole Grain Breaded Chicken Nuggets! Whole Grain Dinner Roll Baked Smile Fries Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">5</p>	<p>Whole Grain Breaded Mozzarella Sticks! With Marinara Sauce Italian Mixed Vegetables Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">6</p>	<p>Sausage, Egg, & Cheese on a Whole Grain Croissant! Sweet Potato Wedges Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">7</p>	<p>Pizza Cheese Crunchers! Mozzarella Cheese and Pizza Sauce inside a Whole Grain Bread Coating! Pizza Dipping Sauce Tossed Garden Salad Fresh or Chilled fruit Choice of Milk</p> <p style="text-align: right;">8</p>
Daily Alternates: Whole Grain Reduced Sugar Cereal, Yogurt and Cheese Stick Meal			Daily Alternates: Crispy Chicken Patty On a Whole Grain Roll	
<p>Beef Hotdog on a Whole Grain Bun! With Cheese Sauce Baked Beans Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">11</p>	<p>Far East Popcorn Chicken! Whole Grain Breaded Popcorn Chicken with Orange Sauce Served over Fried Rice Far East Vegetables Fresh or Chilled Fruit, and Choice of Milk Fortune Cookie!</p> <p style="text-align: right;">12</p>	<p>Whole Grain Cheese Calzone! Topped with Pizza Sauce Fresh Made Tomato & Cucumber Salad Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">13</p>	<p>French Toast Sticks! With Syrup Chicken Sausage Patties Baked Smile Fries Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">14</p>	<p>Cheese Pizza Slice! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">15</p>
Daily Alternates: Whole Grain Bagel Yogurt, and Cheese Stick Meal			Daily Alternates: Cheeseburger on a Whole Grain Roll	
<p>Cheese Burger on a Bakery Fresh Whole Grain Bun! Baked French Fries Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">18</p>	<p>Walking Taco! Chicken Taco Meat, Lettuce, Tomato, Salsa, Cheese & Sour Cream over Whole Grain Doritos Southwest Bean Salad Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">19</p>	<p>Meatball Grinder! Beef and Chicken Meatballs in Marinara Sauce, Nestled in A Whole Grain Grinder Roll Capri Mixed Vegetables Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">20</p>	<p>Whole Grain Belgian Waffle Sticks! With Syrup Chicken Sausage Patties Fresh Cut Tomato & Basil Salad Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">21</p>	<p>Whole Grain Pizza Twisty Sticks! Pizza Dipping Sauce Tossed Garden Salad Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">22</p>
Daily Alternates: Whole Grain Reduced Sugar Cereal, Yogurt and Cheese Stick Meal			Daily Alternates: Ham & Cheese L&T on Whole Grain Roll	
<p>Whole Grain Breaded Chicken Tenders! Whole Grain Dinner Roll Mashed Potato & Gravy Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">25</p>	<p>Whole Grain Breaded Mini Chicken Corn Dogs! Fiesta Red Bean Salad Fresh or Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">26</p>	<p>Cheesy Mac & Cheese! Texas Toast Garlic Bread Steamed Seasoned Broccoli Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">27</p>	<p>Chicken & Waffle! Whole Grain Waffle with Popcorn Chicken Dipping Syrup Baked Sweet Potato Fries Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">28</p>	<p>French Bread Pizza! Catalina Vegetables Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">29</p>
Daily Alternates: Whole Grain Bagel Yogurt, and Cheese Stick Meal			Daily Alternates: Spicy Chicken Patty On a Whole Grain 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