

Wallingford Schools

Pre-K Menu-September 2023

Lunch Price \$3.25

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>

<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>		
<i>Daily Alternate Meal:</i> Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
		<p>Hamburger on a Whole Grain Roll! Italian Mixed Vegetables Fresh or Chilled Fruit, and Unflavored 1% Milk</p> <p style="text-align: right;">6</p>	<p>Egg & Cheese on a Whole Grain Croissant! Sweet Potato Wedges Fresh or Chilled Fruit, and Unflavored 1% Milk</p> <p style="text-align: right;">7</p>	<p>Cheese Pizza Slice! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">8</p>
<i>Daily Alternate Meal:</i> Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
<p>Whole Grain Breaded Chicken Patty on a Bakery Fresh Whole Grain Bun! Baked French Fries Fresh or Chilled Fruit, and Unflavored 1% 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 Unflavored 1% Milk</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 Unflavored 1% Milk</p> <p style="text-align: right;">13</p>	<p>French Toast Sticks! With Syrup Chicken Sausage Patty Baked Smile Fries Fresh or Chilled Fruit, and Unflavored 1% Milk</p> <p style="text-align: right;">14</p>	<p>Cheese Pizza Slice! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">15</p>
<i>Daily Alternate Meal:</i> Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
<p>Cheese Burger on a Bakery Fresh Whole Grain Bun! Baked French Fries Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">18</p>	<p>Walking Taco! Chicken Taco Meat, Lettuce, Tomato, Cheese & over Whole Grain Doritos Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">19</p>	<p>Meatball Sandwich! Beef and Chicken Meatballs in Marinara Sauce, Nestled on a Whole Grain Hamburg Roll Capri Mixed Vegetables Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">20</p>	<p>Whole Grain Belgian Waffle Sticks! With Syrup Chicken Sausage Patty Fresh Cut Tomato & Basil Salad Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">21</p>	<p>Cheese Pizza Slice! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">22</p>
<i>Daily Alternate Meal:</i> Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
<p>Grilled Cheese on Whole Wheat Bread! Baked Smile Fries Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">25</p>	<p>Whole Grain Breaded Mini Chicken Corn Dogs! Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">26</p>	<p>Cheesy Mac & Cheese! Steamed Seasoned Broccoli Fresh or Chilled Fruit, and Unflavored 1% Milk</p> <p style="text-align: right;">27</p>	<p>Chicken & Waffle! Whole Grain Waffle & Syrup, with Popcorn Chicken Baked Sweet Potato Fries Fresh or Chilled Fruit, and Unflavored 1% Milk</p> <p style="text-align: right;">28</p>	<p>Cheese Pizza Slice! Catalina Vegetables Fresh or Chilled Fruit, and Unflavored 1% Milk</p> <p style="text-align: right;">29</p>
<i>Daily Alternate Meal:</i> Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				

For in Class Ordering: Main Entrée=Choice 1 Cereal= Choice 2

All Menus meet the USDA meal Pattern requirements for Pre-K Students

Daily Alternate indicates main entrée alternative meals – All vegetable & fruit components listed with the main entree are offered with the alternate meal.

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