

Wallingford Schools





Pre-K Menu- November 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>Grilled Cheese! Fresh Cut Tomato Wedge with Basil Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">30</p>	<p>HALLOWEEN SPECIAL! Zombie (Chicken) Fingers Monster Mashed Potato With Ghoulish Gravy Freaky Fruit Monster Milk Creepy Cookie</p> <p style="text-align: center;">OCTOBER 31</p> <p style="text-align: right;">1</p>	<p>Egg & Cheese on a Croissant! Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">1</p>	<p>Pancakes with Syrup! Whole Grain Breaded Chicken Tenders Cucumber & Tomato Salad Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">2</p>	<p>Cheese Pizza Slice! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">3</p>
<i>Daily Alternate Meal:</i> Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
<p>Chicken Nuggets! Baked Beans Fresh or Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">6</p>		<p>Whole Grain Cheese Calzone! Topped with Pizza Sauce Fresh Cut Pepper Slices with Ranch Dip Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">8</p>	<p>French Toast Sticks! With Syrup Chicken Sausage Patty Baked Tator Tots Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">7</p>	
<i>Daily Alternate Meal:</i> Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
<p>Whole Grain Breaded Chicken Tenders! Honey Mustard Dipping Sauce Baked French Fries Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">13</p>	<p>Cheese Burger on a Bakery Fresh Whole Grain Bun! BBQ Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">14</p>	<p>Meatball Sandwich on a Whole Grain Roll! Italian Mixed Vegetables Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">15</p>	<p>Emoji Waffle with Warm Apples! Chicken Sausage Patty Sweet Potato Waffle Fries Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">16</p>	<p>Cheese Pizza Slice! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">17</p>
<i>Daily Alternate Meal:</i> Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
<p>Steak & Cheese On a Whole Grain Roll! Baked Smile Fries Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">20</p>	<p>Thanksgiving Lunch! Roasted Turkey with Mashed Potato & Gravy! Mixed Garden Vegetables Fresh or Chilled Fruit and Unflavored 1% Milk Thanksgiving Cookie!</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>Crispy Whole Grain Breaded Chicken Patty on a Whole Grain Roll! Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">27</p>	<p>Cheese Burger on a Bakery Fresh Whole Grain Bun! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">28</p>	<p>Cheesy Mac & Cheese! Pizza Green Beans Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">29</p>	<p>Dutch Waffle! Syrup Chicken Sausage Patties Mexican Corn Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">30</p>	<p>Cheese Pizza Slice! Fresh Grape Tomato Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">1</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