

# Wallingford Schools

## Elementary School Menu March 2023

All School Meals are Free through the End of the School Year!

Website for online payments for snack items: [www.mypaymentsplus.com](http://www.mypaymentsplus.com)

Menu is subject to change due to ongoing supply chain issues

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <p><b>Cheese Burger on a Bakery Fresh Whole Grain Bun!</b><br/>Onion Rings<br/>Baked Beans<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">27</p>  | <p><b>Taco Nachos!</b><br/>Beef Taco Meat over Whole Grain Tortilla Chips<br/>Lettuce, Tomato, and Cheddar Cheese<br/>Mexican Corn<br/>Fresh &amp; Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">28</p>   | <p><b>Cheesy Macaroni &amp; Cheese!</b><br/>Garlic Breadstick<br/>Fresh Steamed Broccoli<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">1</p>                                      | <p><b>Dutch Waffle!</b><br/>With Syrup<br/>Chicken Sausage Patties<br/>Fresh Grape Tomato &amp; Basil<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">2</p>          | <p><b>Pizza Sticks!</b><br/>Bread Sticks Stuffed with Mozzarella Cheese and Topped with Pizza Sauce!<br/>Capri Mixed Vegetables<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">3</p>  |
| <b>Daily Alternates</b> Cereal, Yogurt and Cheese Stick Meal      Bagel, Yogurt & Cheese Stick Meal      Crispy Chicken Chef Salad with Dinner Roll   |   |  |   |   |
| <p><b>Whole Grain Breaded Chicken Nuggets!</b><br/>BBQ Dipping Sauce<br/>Whole Grain Dinner Roll<br/>Sweet Potato Waffle Fries<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">6</p>               | <p><b>Beef Hot Dog on a Whole Grain Roll!</b><br/>Cheese Sauce<br/>Whole Grain Onion Rings<br/>Baked Beans<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">7</p>                                       | <p><b>Whole Grain Breaded Mozzarella Sticks!</b><br/>Marinara Sauce<br/>Pizza Green Beans<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">8</p>                                     | <p><b>Belgian Waffle Sticks!</b><br/>Maple Dipping Syrup<br/>Chicken Sausage Patties<br/>Baked Tator Tots<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">9</p>      | <p><b>Whole Grain Pizza Crunchers!</b><br/>Mozzarella Cheese and Pizza Sauce inside a Whole Grain Bread Coating!<br/>Pizza Dipping Sauce<br/>Tossed Garden Salad<br/>Fresh or Chilled fruit<br/>Choice of Milk</p> <p style="text-align: right;">10</p>                       |
| <b>Daily Alternates</b> Cereal, Yogurt and Cheese Stick Meal      Bagel, Yogurt & Cheese Stick Meal      Ham & Cheese Chef Salad with Dinner Roll   |   |  |   |   |
| <p><b>Steak &amp; Cheese on a Whole Wheat Grinder Roll!</b><br/>Baked French Fries<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">13</p>  | <p><b>Crispy Chicken Patty on a Whole Grain Roll!</b><br/>Fiesta Bean Salad<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">14</p>   | <p><b>Pizza Calzone!</b><br/>Mozzarella Cheese and Pizza Sauce Wrapped in a Golden Whole Grain Crust<br/>Tossed Garden Salad<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">15</p> | <p><b>Mini Eggo Waffles!</b><br/>With Syrup<br/>Chicken Sausage Patties<br/>Fresh Grape Tomato &amp; Basil<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">16</p>    | <p><b>St. Patrick Day Lunch!</b><br/>Golden Breaded Chicken Fingers with Mashed Potato &amp; Gravy<br/>Whole Grain Dinner Roll<br/>Fresh Green Pepper Strips<br/>With Light Ranch Dip<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">17</p> |
| <b>Daily Alternates:</b> Cereal, Yogurt and Cheese Stick Meal      Bagel, Yogurt & Cheese Stick Meal      Cheddar and Mozzarella Chef Salad with Dinner Roll  |   |  |   |   |
| <p><b>Walking Taco!</b><br/>Chicken Taco Meat, and Cheddar Cheese Over Whole Grain Reduced Fat Doritos!<br/>Fresh Made Southwest Bean Salad<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">20</p> | <p><b>Meatball Grinder!</b><br/>Beef Meatballs<br/>Smothered in Marinara and Nestled in a Whole Grain Grinder Roll<br/>Italian Mixed Vegetables<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">21</p> | <p><b>Professional Development Day!</b></p>  | <p><b>French Toast Sticks with Syrup!</b><br/>Chicken Sausage Patties<br/>Baked Potato Wedges<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">23</p>                 | <p><b>Stuffed Crust Pizza!</b><br/>Tossed Garden Salad<br/>Fresh &amp; Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">24</p>   |
| <b>Daily Alternates:</b> Cereal, Yogurt and Cheese Stick Meal      Bagel, Yogurt & Cheese Stick Meal      Popcorn Chicken Chef Salad with Dinner Roll   |   |  |   |   |
| <p><b>Whole Grain Breaded Popcorn Chicken Bites!</b><br/>BBQ Dipping Sauce<br/>Whole Grain Dinner Roll<br/>Fresh Made Tuscan Bean Salad<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">27</p>     | <p><b>Whole Grain Breaded Mini Corn Dogs!</b><br/>Fresh Made Cucumber and Tomato Salad<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">28</p>  | <p><b>Chicken Sausage, Egg, &amp; Cheese on a Whole Grain Croissant!</b><br/>Sweet Potato Waffle Fries<br/>Fresh &amp; Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">29</p>            | <p><b>Baseball Opening Day!</b><br/>Beef Hotdog on a Whole Grain Bun<br/>Baked Spiral Fries with Cheese Sauce<br/>Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">30</p> | <p><b>Whole Grain Pizza Twisty Sticks!</b><br/>Pizza Dipping Sauce<br/>Tossed Garden Salad<br/>Fresh &amp; Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">31</p>   |
| <b>Daily Alternates:</b> Cereal, Yogurt and Cheese Stick Meal      Bagel, Yogurt & Cheese Stick Meal      Meatball Chef Salad with Dinner Roll  |   |  |   |   |

For in Class Ordering: Main Entrée=Choice 1      Cereal Meal= Choice 2      Chef Salad=Choice 3      Bagel Meal=Choice 4

**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 860-294-5928 or at [jbondi@wallingfordschools.org](mailto:jbondi@wallingfordschools.org)**