

# Wallingford Schools Pre-K Menu-May 2023

**All School Meals are Free through the End of the School Year!  
Menu is subject to change due to ongoing supply chain issues**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>Crispy Chicken Patty on a Whole Grain Bun!</b> Baked Crinkle Cut Fries Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>1</b></p>	<b>Far East Orange Chicken!</b> Breaded Popcorn Chicken with Orange Sauce Nestled in a Vegetable Fried Rice Oriental Vegetables Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>Fortune Cookie! 2</b></p>	<b>Cheesy Mac &amp; Cheese!</b> Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>3</b></p>	<b>Emoji Waffles with Syrup!</b> Chicken Sausage Patty Sweet Potato Waffle Fries Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>4</b></p>	<b>Cheese Pizza Slice!</b> Fresh Cut Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>5</b></p>
<b>Daily Alternate Meal:</b> Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
<b>Chicken Nuggets!</b> BBQ Dipping Sauce Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>8</b></p>	<b>Grilled Cheese on Whole Grain Bread!</b> Baked Smile Fries Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>9</b></p>	<b>Cheese Lasagna!</b> Marinara Sauce Italian Mixed Vegetables Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>10</b></p>	<b>Whole Grain Pancakes!</b> With Syrup Chicken Sausage Patty Sweet Potato Fries Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>11</b></p>	<b>Cheese Pizza Slice!</b> Fresh Cut Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>12</b></p>
<b>Daily Alternate Meal:</b> Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
<b>Cheese Burger on a Bakery Fresh Whole Grain Bun!</b> Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>15</b></p>	<b>Whole Grain Breaded Chicken Tenders!</b> Baked Potato Wedges Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>16</b></p>	<b>Chicken Parmesan Sandwich!</b> Chicken Breast with Pizza Sauce & Shredded Mozzarella Nestled in a Whole Grain Roll! Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>17</b></p>	<b>Mini Eggo Waffles!</b> With Syrup Chicken Sausage Patty Fresh Grape Tomato with Basil Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>18</b></p>	<b>Cheese Pizza Slice!</b> Fresh Cut Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>19</b></p>
<b>Daily Alternate Meal:</b> Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
<b>Whole Grain Breaded Chicken Patty on a Whole Grain Bun!</b> Sweet Potato Fries Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>22</b></p>	<b>Egg &amp; Cheese on a Whole Grain Croissant!</b> Fresh Made Cucumber & Tomato Salad Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>23</b></p>	<b>Cheese Burger on a Bakery Fresh Whole Grain Bun!</b> Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>24</b></p>	<b>French Toast Sticks with Syrup!</b> Chicken Sausage Patty Sweet Corn Salad Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>25</b></p>	<b>Cheese Pizza Slice!</b> Fresh Cut Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>26</b></p>
<b>Daily Alternate Meal:</b> Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
 <p style="text-align: right;"><b>30</b></p>	<b>Chicken Nuggets!</b> BBQ Dipping Sauce Steamed Broccoli Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>30</b></p>	<b>Meatball Sandwich!</b> Beef Meatballs Smothered in Marinara and Nestled in a Whole Grain Hotdog Roll Italian Green Beans Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>31</b></p>	<b>Whole Grain Dutch Waffle!</b> With Syrup Chicken Sausage Patties Baked Tator tots Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>1</b></p>	<b>Cheese Pizza Slice!</b> Fresh Cut Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk  <p style="text-align: right;"><b>2</b></p>
<b>Daily Alternate Meal:</b> 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](mailto:jbondi@wallingfordschools.org)**