

Wallingford Schools

Pre-K Menu-March 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>
<p>Cheese Burger on a Bakery Fresh Whole Grain Bun! Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">27</p>	<p>Taco Nachos! Beef Taco Meat over Whole Grain Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Mexican Corn Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">28</p>	<p>Cheesy Macaroni & Cheese! Fresh Steamed Broccoli Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">1</p>	<p>Dutch Waffle! With Syrup Chicken Sausage Patty Fresh Cut Tomato & Basil 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>
Daily Alternate Meal: Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
<p>Whole Grain Breaded Chicken Nuggets! BBQ Dipping Sauce Sweet Potato Waffle Fries Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">6</p>	<p>Hamburger on a Whole Grain Roll! Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">7</p>	<p>Crispy Chicken Patty on a Whole Grain Roll! Pizza Green Beans Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">8</p>	<p>Belgian Waffle Sticks! Maple Dipping Syrup Chicken Sausage Patty Baked Tator Tots Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">9</p>	<p>Cheese Pizza Slice! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">10</p>
Daily Alternate Meal: Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
<p>Steak & Cheese On a Whole Wheat Hotdog Roll! Baked French Fries Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">13</p>	<p>Crispy Chicken Patty on a Whole Grain Roll! Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">14</p>	<p>Cheese Pizza Slice! Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">15</p>	<p>Mini Eggo Waffles! With Syrup Chicken Sausage Patty Fresh Cut Tomato Wedges & Basil Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">16</p>	<p>St. Patrick Day Lunch! Golden Breaded Chicken Fingers with Mashed Potato & Gravy Capri Mixed Vegetable Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">17</p>
Daily Alternate Meal: Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
<p>Walking Taco! Chicken Taco Meat, and Cheddar Cheese Over Whole Grain Reduced Fat Doritos! Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">20</p>	<p>Meatball Grinder! Beef Meatballs Smothered in Marinara and Nestled in a Whole Grain Hotdog Roll Italian Mixed Vegetables Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">21</p>	<p>Professional Development Day!</p>	<p>French Toast Sticks with Syrup! Chicken Sausage Patty Baked Potato Wedges Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">23</p>	<p>Cheese Pizza Slice! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">24</p>
Daily Alternate Meal: Cereal, Yogurt, and Cheese Stick Meal with Unflavored 1% Milk				
<p>Whole Grain Breaded Popcorn Chicken Bites! BBQ Dipping Sauce Baked Beans Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">27</p>	<p>Crispy Chicken Patty on a Whole Grain Roll! Fresh Made Peeled Cucumber and Tomato Salad Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">28</p>	<p>Egg & Cheese on a Whole Grain Croissant! Sweet Potato Waffle Fries Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">29</p>	<p>Baseball Opening Day! Cheeseburger on a Whole Grain Bun Baked French Fries Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">30</p>	<p>Cheese Pizza Slice! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit and Unflavored 1% Milk</p> <p style="text-align: right;">31</p>
Daily Alternate Meal: 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