Wallingford Public Schools
We Are Proud

High School Lunch Menu Aug-Sept $3.10

Monday	Tuesday	Wednesday	Thursday	Friday
27 Baked Chicken Tenders ***** Mashed Potato, Gravy, Steamed Corn Dinner Roll Assorted Fresh Fruits and Vegetables	*28* *Rodeo Cheeseburger (onion ring, cheese) Served with Oven Potato Wedges* ***** *Steamed Carrots* Assorted Fresh Fruits and Vegetables	29 Lasagna Roll-Up w/ Sauce,Wg Texas Toast ***** Roasted Green Beans Assorted Fresh Fruits and Vegetables	30 (2)Beef & Cheese Street Tacos ***** Rice & Beans Assorted Fresh Fruits and Vegetables	31 Professional Development Day
3 Labor Day Closed	4 Thai Lemongrass Chicken Over Rice / Chinese Carton ***** Steamed Broccoli Fortune Cookie Assorted Fresh Fruits And Vegetables	5 Mac & Cheese Texas Toast ***** Steamed Corn Assorted Fresh Fruits & Vegetables	6 Breaded Drumstick NEW ***** Mashed Potatoes, Gravy, Dinner Roll Glazed Carrots Assorted Fresh Fruits & Vegetables	7 Pizza Party ***** Romaine Salad Assorted Fresh Fruits and Vegetables
10 Cheesy Italian Dunkers w/ Marinara Sauce ***** Steamed Carrots Assorted Fresh Fruits And Vegetables	11 Nachos Beef & Cheese ***** Fresh Cucumbers Rice & Beans Assorted Fresh Fruits & Vegetables	12 Pasta w/ Meatballs Served with Wg Texas Toast ***** Roasted Green Beans Assorted Fresh Fruits And Vegetables	13 <u>NEW</u> Top Your Own Salad Bar Grilled Chicken & More Seasoned Breadstick ***** Assorted Fresh Fruits And Vegetables "Put Local on your Tray"	14 Assorted Pizza's & Flatbread Pizza's ***** Romaine Salad Assorted Fresh Fruits and Vegetables
17 Oven Baked "Fried " Dough w/ Marinara Sauce ***** Fresh Cucumber Slices Assorted Fresh Fruits & Vegetables	18 Sloppy Joe Sandwich ***** Baked Tater Tots Roasted Spicy Garbanzo Beans Assorted Fresh Fruits & Vegetables	19 Ravioli's w/ sauce Wg Texas Toast ***** Roasted Green Beans Assorted Fresh Fruits & Vegetables	20 <u>Brunch</u> Cheese Omelet ***** Baked Hash Brown Yogurt Parfait Assorted Fresh Fruits & Vegetables	21 **<u>Spud Nachos</u>** Potato, Ground Beef, Broccoli, Cheese Sauce ****** Steamed Broccoli Assorted Fresh Fruits Vegetables
24 All Beef Hot Dog, Chili & Cheese ***** Smokey Baked Beans Assorted Fresh Fruits & Vegetables	25 Hot Ham & Cheese Croissant ***** Celery Sticks / Dip Pasta Salad w/ Veggies Assorted Fresh Fruits & Vegetables	26 Baked Oven Fried Chicken ****** Steamed Carrots Assorted Fresh Fruits Vegetables	27 Teriyaki Chicken Dipper over Rice / Chinese Carton ***** Roasted Broccoli Fortune Cookie Assorted Fresh Fruits and Vegetables	28 Meatball & Cheese Flatbread Pizza Party ***** Green Salad Assorted Fresh Fruits and Vegetables

"Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness."

<u>Alternatives Daily Selections:</u>

Assorted Hot & Cold Sandwiches
Assorted Chilled Fruits
Assorted Pizza
Salad of the Day
Baby Carrots
Daily Milk Choice

We provide free & reduced meals for all families that are eligible.
Applications are available on the WPS Web Site or call 203-294-5926
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