Wallingford Public Schools
We Are Proud

High School Lunch Menu OCTOBER $3.10

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Chicken Tenders ***** Mashed Potato, Gravy, Steamed Corn Dinner Roll Assorted Fresh Fruits and Vegetables	2 *Bacon Cheddar Burger* ***** *Oven Potato Wedges* ***** *Steamed Carrots* Assorted Fresh Fruits and Vegetables	3 Lasagna Roll-Up w/ Sauce,Wg Texas Toast ***** Roasted Green Beans Assorted Fresh Fruits and Vegetables	4 (2)Beef & Cheese Street Tacos ***** Fiesta Rice & Beans Assorted Fresh Fruits and Vegetables	5 Pizza Party * Flatbread Pizza ***** Romaine Salad Assorted Fresh Fruits and Vegetables
8 COLUMBUS DAY	9 Tangerine Chicken over Steamed Rice Chinese Carton ***** Steamed Broccoli Fortune Cookie Assorted Fresh Fruits And Vegetables	10 Mac & Cheese Texas Toast ***** Steamed Corn Assorted Fresh Fruits & Vegetables	11 Breaded Drumstick NEW ***** Mashed Potatoes, Gravy, Dinner Roll Glazed Carrots Assorted Fresh Fruits & Vegetables	12 Pizza Party & Flatbread Pizza ***** Romaine Salad Assorted Fresh Fruits and Vegetables
15 Cheesy Italian Dunkers w/ Marinara Sauce ***** Steamed Carrots Assorted Fresh Fruits And Vegetables	16 "Walking Taco" ***** Fresh Cucumbers Fiesta Rice & Beans Assorted Fresh Fruits & Vegetables	17 Pasta w/ Meatballs Served with Wg Texas Toast ***** Roasted Green Beans Assorted Fresh Fruits And Vegetables	18 Early Dismissal Breakfast Served	19 Pizza Party & Flatbread Pizza ***** Romaine Salad Assorted Fresh Fruits and Vegetables
22 Oven Baked "Fried " Dough w/ Marinara Sauce ***** Fresh Cucumber Slices Assorted Fresh Fruits & Vegetables	23 Sloppy Joe Sandwich ***** Baked Tater Tots Roasted Spicy Garbanzo Beans Assorted Fresh Fruits & Vegetables	24 Ravioli's w/ sauce Wg Texas Toast ***** Roasted Green Beans Assorted Fresh Fruits & Vegetables	25 NEW Top Your Own Salad Bar Grilled Chicken & More Seasoned Breadstick ***** Assorted Fresh Fruits And Vegetables "Put Local on your Tray	26 Pizza Party & Flatbread Pizza ***** Romaine Salad Assorted Fresh Fruits Vegetables
29 All Beef Hot Dog, Chili & Cheese ***** Smokey Baked Beans Assorted Fresh Fruits & Vegetables	30 Hot Ham & Cheese Croissant ***** Celery Sticks / Dip Pasta Salad w/ Veggies Assorted Fresh Fruits & Vegetables	31 Baked Oven Fried Chicken ****** Steamed Carrots Assorted Fresh Fruits Vegetables	NEW ! Campbell's Ultimate Soup Bar. Top your own ***** Every Tuesday & Thursday	**Alternate Choices:** Tues/Wed: Panini Sandwiches Tuesday / Friday: "Street Tacos" Flatbread Creation

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

Alternatives Daily Selections:

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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