

Wallingford Schools

May 2026

Lunch Price \$3.25

\$.40 for those eligible for reduced priced lunch, and free for those eligible for free lunch

Fritz and Rock Hill School Lunch Menu

Website for Online Payments: <https://lingconnect.com/DBDL9D>

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Whole Grain Breaded Chicken Drumsticks! Chicken Dipping Sauce Whole Grain Garlic Knot Roll Baked Smile Fries Fresh or Chilled Fruit and Choice of Milk 27	Loaded Tator Tots! With Chicken Taco Meat, Broccoli, Cheese Sauce & Sour Cream! Whole Grain Dinner Roll Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 28	Breaded Mozzarella Sticks! Marinara Sauce Rockin Bean Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 29	Sausage, Egg, & Cheese on a Whole Grain Croissant! Fresh Cut Green and Red Pepper Strips or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 30	Stuffed Crust Pizza! Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 1
Daily Alternates: Whole Grain Bagel , Yogurt, and Cheese Stick Meal Cereal, Yogurt, and Cheese Stick Meal Mozzarella & Cheddar Chef Salad				
Chicken Nuggets! BBQ Dipping Sauce Baked Smile Fries or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 4	Cheeseburger on a Whole Grain Roll! Baked Beans or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 5	Mac & Cheese! Texas Toast Garlic Bread Steamed Broccoli or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 6	Chicken & Waffle! Breaded Chicken Fingers with WG Waffle Sweet Potato Fries or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 7	Whole Grain Pizza Twisty Sticks! Pizza Dipping Sauce Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 8
Daily Alternates: Whole Grain Bagel, Yogurt, and Cheese Stick Meal Cereal, Yogurt, and Cheese Stick Meal Popcorn Chicken Chef Salad				
Whole Grain Breaded Mini Chicken Corn Dogs! With Honey Mustard Dipping Sauce Baked Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 11	Golden Breaded Chicken Fingers with Mashed Potato & Gravy Whole Grain Dinner Roll Fresh Green Pepper Strips With Light Ranch Dip or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 12	Meatball Grinder! Meatballs in Marinara Sauce, Nestled in A Whole Grain Grinder Roll Sweet Corn Salad or Fresh Veggie Choice of Fresh or Chilled Fruit and Choice of Milk 13	Early Dismissal Mini Eggo Waffles! Chicken Sausage Patties Fresh Grape Tomato or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 14	Individual Cheese Pizza! Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 15
Daily Alternates: Whole Grain Bagel , Yogurt, and Cheese Stick Meal Cereal, Yogurt, and Cheese Stick Meal Mozzarella & Cheddar Chef Salad				
Steak & Cheese On a Whole Grain Bun! Baked Smile Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 18	Whole Grain Breaded Chicken Drumsticks! Chicken Dipping Sauce Whole Grain Garlic Knot Roll Red & Green Peppers or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 19	Beef Hotdog on a Whole Grain Bun Baked Beans or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 20	French Toast Sticks! With Syrup Chicken Sausage Patties Sweet Potato Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 21	Pizza Sticks! Bread Sticks Stuffed with Mozzarella Cheese and Topped with Pizza Sauce! Green Leaf Tossed Garden Salad or fresh Veggie Choice Fresh & Chilled Fruit Choices, Choice of Milk 22
Daily Alternates: Whole Grain Bagel , Yogurt, and Cheese Stick Meal Cereal, Yogurt, and Cheese Stick Meal No Chef Salad This week				
Memorial Day No School	Whole Grain Breaded Chicken Nuggets! With Chickn-Dippin Sauce! Whole Grain Dinner Roll Fresh Cut Cucumber or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 26	Grilled Cheese on Whole Grain Bread! Baked French Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 27	Whole Grain Pancakes! with Syrup, Strawberries, and Whipped Cream Chicken Sausage Patties Baked Sweet Potato Waffle Fries or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 28	FIELD DAY! Steamed Hot Dog on Bun Smiley Fries Fresh Veggie Choice Watermelon Wedge Choice of Milk 29
Daily Alternates: Whole Grain Bagel , Yogurt, and Cheese Stick Meal Cereal, Yogurt, and Cheese Stick Meal Turkey & Cheese Chef Salad				

