

NOVEMBER 2026

Wallingford Middle & High School Menu


Monday

Goody Ring Bun **2**
100% Fruit Juice
Fruit Choices
Milk Choice

Mini Crumb Bun **9**
100% Fruit Juice
Fruit Choices
Milk Choice

Mini Powdered Dunkers **16**
100% Fruit Juice
Fruit Choices
Milk Choice

Glazed Twists **23**
100% Fruit Juice
Fruit Choices
Milk Choice

Goody Ring Bun **30**
100% Fruit Juice
Fruit Choices
Milk Choice

Tuesday

Election Day
No School

Honey Wheat Bagel **10**
With Toppings
100% Fruit Juice
Fruit Choices
Milk Choice

Mini Bagel with **17**
Cinnamon Cream Cheese
100% Fruit Juice
Fruit Choices
Milk Choice

Honey Wheat Bagel **24**
With Toppings
100% Fruit Juice
Fruit Choices
Milk Choice

Wednesday

Pumpkin Bread Slice **4**
100% Fruit Juice
Fruit Choices
Milk Choice

Veteran's Day
No School

Blueberry Bread Slice **18**
100% Fruit Juice
Fruit Choices
Milk Choice

Banana Bread Slice **25**
100% Fruit Juice
Fruit Choices
Milk Choice

Thursday

Assorted Jumbo Muffins **5**
100% Fruit Juice
Fruit Choices
Milk Choice

Hard Cooked Egg **12**
Fruit Muffin
100% Fruit Juice
Fruit Choices
Milk Choice

Assorted Jumbo Muffins **19**
100% Fruit Juice
Fruit Choices
Milk Choice

Thanksgiving Day
No School

Friday

Cinnamon Swirl Roll **6**
100% Fruit Juice
Fruit Choices
Milk Choice

Raspberry Swirl Roll **13**
100% Fruit Juice
Fruit Choices
Milk Choice

Cinnamon Swirl Roll **20**
100% Fruit Juice
Fruit Choices
Milk Choice

Thanksgiving Break
No School



Daily Options Include: Assorted Reduced Sugar, Whole Grain Rich Cereals, Fruit Parfait with Nut Free Granola, & Hot Breakfast Sandwiches

Fruit Choices Include: Fresh, Canned in light syrup or natural juice and Raisins or Craisins

Milk Choices Include: 1% White, Fat Free Chocolate and Lactaid

This institution is an equal opportunity provider