

Wallingford Schools

March 2026

Breakfast Price \$2.15

\$.30 for those eligible for reduced priced meals, and free for those eligible for free meals



Lyman and Sheehan High School Breakfast Menu

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>Apple Frudel! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">2</p>	<p>Cinnamon Breakfast Crumb Cake! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">3</p>	<p>Sweet Potato Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">4</p>	<p>Chocolate Breakfast Crescent! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">5</p>	<p>Lemon Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">6</p>
<p>Chocolate Chip Oatmeal Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">9</p>	<p>Apple Cinnamon Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">10</p>	<p>Professional Development Day!</p>	<p>Honey Wheat Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">12</p>	<p>Blueberry Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">13</p>
<p>Cinnamon Breakfast Round! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">16</p>	<p>Banana Chocolate Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">17</p>	<p>Apple Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">18</p>	<p>Pumpkin Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">19</p>	<p>Chocolate Chip Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">20</p>
<p>Raspberry Swirl Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">23</p>	<p>Breakfast Donut Sticks! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">24</p>	<p>Oatmeal Chocolate Breakfast Round! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">25</p>	<p>Cinnamon Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">26</p>	<p>Blueberry Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">27</p>
<p>Goody Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">30</p>	<p>Banana Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">31</p>	<p>Apple Frudel! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">1</p>	<p>Cinnamon Breakfast Crumb Cake! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk</p> <p style="text-align: right;">2</p>	<p>Good Friday!</p>

All Daily Breakfast menus meets the USDA School breakfast Program 5 Day meal pattern for grades Pre 9-12. All meal components meet the USDA Whole Grain requirements, and equal two grains. All Fruit/Juice offered equals 1 cup
Milk choices include Non-fat Chocolate, or 1% White.

Call or e-mail us with questions or comments! Jim Bondi, Food Service Director at 203-294-5928 or at jbondi@wallingfordschools.org