

Wallingford Schools

March 2026



Lunch Price \$3.45

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

Lyman and Sheehan High School Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Egg Roll with Chicken and Vegetable Dumplings! Orange Dipping Sauce Stir Fry Vegetables or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk Fortune Cookie! 2	Chicken Parmesan on a Whole Grain Roll! Sweet Potato Wedges or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 3	Mac & Cheese! Texas Toast Garlic Bread Steamed Broccoli or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 4	Chicken & Waffle! Breaded Chicken Fingers with Whole Grain Waffle Dipping Syrup Baked Tator Tots or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 5	Whole Grain Pizza Twisty Sticks! Pizza Dipping Sauce Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 6
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
Far East Popcorn Chicken! Whole Grain Breaded Popcorn Chicken with Orange Sauce Served over Fried Rice Far East Vegetables or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk Fortune Cookie! 9	Four Cheese Tortellini! Marinara Sauce Whole Grain Dinner Roll Broccoli Florets or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 10	Professional Development Day!		Taco Nachos! Pulled Chicken over Whole Grain Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Mexican Corn or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 12
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
Southern Fried Chicken! Corn Bread Baked Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 16	St. Patrick Day Lunch! 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 17	Meatball Grinder! Meatballs in Marinara Sauce, Nestled in A Whole Grain Grinder Roll Sweet Corn Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 18	French Toast Sticks! With Syrup Chicken Sausage Patties Sweet Potato Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 19	Individual Cheese Pizza! Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 20
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
Steak & Cheese Grinder! Onions & Peppers Baked Spiral Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 23	Whole Grain Breaded Mega Mini Chunks! Chicken Dipping Sauce Whole Grain Garlic Knot Roll Baked Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 24	Baseball Opening Day! Beef Hotdog on a Whole Grain Bun Baked Tator Square Fries with Cheese Sauce or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 25	Stuffed Shells! Marinara Sauce Garlic Bread Stick Fresh Cut Celery Sticks or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 26	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 27
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
Chicken Nuggets! BBQ Dipping Sauce Whole Grain Dinner Roll Baked Potato Wedges or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 30	Loaded Potato Wedges! With Chicken Taco Meat, Broccoli, Cheese Sauce & Sour Cream! Whole Grain Dinner Roll or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 31	Breaded Mozzarella Sticks! Marinara Sauce Fresh Cucumber & Tomato Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 1	Cheese Pizza Bagel! Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 2	Good Friday!
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				

Daily Alternates indicate main entrée alternative meals – All vegetable & fruit components listed with the main entree are offered with the alternate meals. *Milk choices include Non-fat Chocolate, Skim, or 1%.*

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

jbondi@wallingfordschools.org

This Organization is an Equal Opportunity Employer!