

Wallingford Schools

October 2024

Breakfast Price \$2.15



Free for those eligible for reduced priced lunch this school year, and Free for those eligible for free meals

Lyman and Sheehan High School Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apple Breakfast Roll! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 30	Pumpkin Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 1	Whole Grain Chocolate Chip Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Breakfast Donut Sticks! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 29	Oatmeal Chocolate Breakfast Round! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 30
Berry Apple Crisp Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 7	Cinnamon Breakfast Bun! Or Choice of Additional Breakfast Items! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 8	Whole Grain Blueberry Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 9	Whole Grain Cinnamon Pop Tart! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 10	Goody Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 11
Columbus Day!	Whole Grain Banana Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 15	Apple Frudel! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 16	Cinnamon Breakfast Crumb Cake! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 17	Sweet Potato Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 18
	Mini Bagels with Strawberry Cream Cheese! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 21	Whole Grain Lemon Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 22	Chocolate Chip Oatmeal Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 23	Whole Grain Glazed Breakfast Donut! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 24
Whole Grain Apple Cinnamon Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 28	Honey Wheat Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 29	Whole Grain Blueberry Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 30	Strawberry Oatmeal Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 31	Cinnamon Breakfast Round! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 1

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

This Organization is an Equal Opportunity Employer!