

# Wallingford Schools

## December 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>

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Lemon Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  2	Chocolate Chip Oatmeal Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  3	Whole Grain Breakfast Donut! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  4	Whole Grain Strawberry Poptart! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  5	Whole Grain Apple Cinnamon Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  6
Honey Wheat Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  9	Blueberry Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  10	Strawberry Oatmeal Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  11	Cinnamon Breakfast Round! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  12	Banana Chocolate Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  13
Apple Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  16	Pumpkin Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  17	Whole Grain Chocolate Chip Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  18	Breakfast Donut Sticks! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  19	Oatmeal Chocolate Breakfast Round! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  20
<b>Holiday Recess!</b>		<b>Your Cafeteria Staff Members Wish You a Happy Holiday Season and a Joyous New Year!</b>		
			Whole Grain Cinnamon Poptart! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  2	Goody Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk  3

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](mailto:jbondi@wallingfordschools.org)

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