

# Wallingford Schools

## January 2025

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>
			Whole Grain Cinnamon Poptart! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Goody Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk
			2	3
Banana Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Apple Frudel! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Cinnamon Breakfast Crumb Cake! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Sweet Potato Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Mini Bagel with Strawberry Cream Cheese! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk
6	7	8	9	10
Lemon Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Chocolate Chip Oatmeal Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Whole Grain Breakfast Donut! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Apple Cinnamon Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Honey Wheat Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk
13	14	15	16	20
	Whole Grain Strawberry Pop Tart! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Blueberry Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Strawberry Oatmeal Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Cinnamon Breakfast Round! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk
	21	22	23	24
Banana Chocolate Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Apple Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	Pumpkin Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk	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
27	28	29	30	31

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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