

Wallingford Schools

March 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 Chocolate Chip Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 3	Cinnamon Breakfast Round! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 4	Banana Chocolate Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 5	Apple Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 6	Pumpkin Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 7
WG Chocolate Chip Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 10	Breakfast Donut Sticks! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 11	Professional Development Day!	Oatmeal Chocolate Chip Breakfast Round! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 13	Berry Apple Crisp Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 14
WG Cinnamon Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 17	WG Blueberry Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 18	Goody Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 19	Banana Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 20	Apple Frudel! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 21
Cinnamon Breakfast Crumb Cake! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 24	Sweet Potato Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 25	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 26	Lemon Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 27	Chocolate Chip Oatmeal Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 28
WG Breakfast Donut! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 31	WG Apple Cinnamon Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 1	Honey Wheat Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 2	Blueberry Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 3	Strawberry Oatmeal Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 4

All Daily Breakfast menus meets the USDA School breakfast Program 5 Day meal pattern for grades 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!