

# Wallingford Schools

## February 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>
Oatmeal Chocolate Breakfast Round! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 3	Berry Apple Crisp Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 4	Whole Grain Cinnamon Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 5	Whole Grain Blueberry Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 6	Whole Grain Breakfast Donut Sticks! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 7
Goody Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 10	Banana Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 11	Apple Frudel! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 12	Cinnamon Breakfast Crumb Cake! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 13	Sweet Potato Breakfast Bun! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 14
<b>President's Day!</b>	<b>Winter Break!</b>	Whole Grain Strawberry Oatmeal Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 19	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 20	Honey Wheat Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 21
Chocolate Chip Oatmeal Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 24	Whole Grain Breakfast Donut! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 25	Whole Grain Apple Cinnamon Muffin! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 26	Honey Wheat Breakfast Bar! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 27	Blueberry Breakfast Bread! Or Choice of Hot Breakfast Sandwich, or Whole Grain Bagel Choice of Chilled or Fresh Fruit Choice of Milk 28
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

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](mailto:jbondi@wallingfordschools.org)

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