

# Wallingford Schools

## April 2025



Lunch Price \$3.45

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

## Lyman and Sheehan High School Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chicken Tenders With Chikn-Dippin Sauce!</b> Whole Grain Dinner Roll Sweet Potato Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 31	<b>Loaded Baked Potato!</b> With Chicken Taco Meat, Broccoli, Cheese Sauce & Sour Cream! Whole Grain Dinner Roll Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 1	<b>Cheese Lasagna!</b> Marinara Sauce Texas Toast Garlic Bread Fresh Cut Cucumber or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 2	<b>Pulled Pork over Nacho Chips!</b> Lettuce, Tomato, Cheddar Cheese, and Sour Cream Texas Ranchero Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 3	<b>Fried Dough Pizza!</b> Green Leaf tossed Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 4
<b>Daily Alternates:</b> Fresh Made Pizza of the Day    Fresh Made Hot or Cold Sandwich    Fresh Made Chef Salad				
<b>Enchilada Empanada!</b> Chicken, Mozzarella Cheese, and Enchilada Sauce Nestled in a Whole Grain Crust Taco Fiesta Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 7	<b>Chicken Egg Roll with Chicken and Vegetable Dumplings!</b> Sweet & Sour Dipping Sauce Fresh Cut Red and Green Pepper Strips or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 8	<b>Whole Grain Breaded Mozzarella Sticks!</b> Marinara Sauce Fresh Made Tomato and Cucumber Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 9	<b>Pasta &amp; Meatballs!</b> Marinara Sauce Garlic Breadstick Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 10	<b>Pizza Crunchers!</b> Mozzarella Cheese and Pizza Sauce Nestled in a Whole Grain Breaded Coating Sweet Corn Salad Or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 11
<b>Daily Alternates:</b> Fresh Made Pizza of the Day    Fresh Made Hot or Cold Sandwich    Fresh Made Chef Salad				
<b>Spring Break!</b>				
<b>Baked Stuffed Shells!</b> Marinara Sauce Whole Grain Dinner Roll Fresh Made Three Bean Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 21	<b>Far East Popcorn Chicken!</b> Whole Grain Breaded Popcorn Chicken with Orange Sauce Served over Fried Rice Stir Fry Vegetables or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 22	<b>Cheeseburger Calzone!</b> Ground Beef, Mozzarella Cheese and Burger Sauce Wrapped in a Whole Grain Crust Sweet Potato Waffle Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 23	<b>Spicy Chicken Breast on a Whole Grain Roll!</b> Boom-Boom Sauce Baked Potato Wedges or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 24	<b>Twisty Pizza Sticks!</b> Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 25
<b>Daily Alternates:</b> Fresh Made Pizza of the Day    Fresh Made Hot or Cold Sandwich    Fresh Made Chef Salad				
<b>Whole Grain Breaded Chicken Fingers</b> With Chikn-Dippin Sauce! Whole Grain Garlic Knot Roll Baked Spiral Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 28	<b>Taco Nachos!</b> Chicken Taco Meat over Whole Grain Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Refried Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 29	<b>Cheesy Mac &amp; Cheese!</b> Texas Toast Garlic Bread Fresh Steamed Broccoli or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 30	<b>Southern Fried Chicken!</b> Corn Bread Sweet Potato Waffle Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 1	<b>French Bread Pizza!</b> Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 2
<b>Daily Alternates:</b> Fresh Made Pizza of the Day    Fresh Made Hot or Cold Sandwich    Fresh Made Chef Salad				

**Daily Alternates indicate main entrée alternative meals – All vegetable & fruit components listed with the main entree are offered with the alternate meals. Milk choices include Non-fat Chocolate, Skim, or 1%.**

**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)

*This Organization is an Equal Opportunity Employer*