

Wallingford Schools

March 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
Oven Southern Fried Chicken! Whole Grain Dinner Roll Mashed Potato & Gravy or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <p style="text-align: right;">3</p>	Taco Nachos! Chicken Taco Meat over Whole Grain Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Mexican Corn or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <p style="text-align: right;">4</p>	Cheese Calzone! with Pizza Sauce Italian Mixed Vegetables or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <p style="text-align: right;">5</p>	Grilled Chicken Cordon Bleu! Grilled Chicken Breast With Ham & Swiss Cheese on a Hard Roll Baked Beans or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <p style="text-align: right;">6</p>	Stuffed Crust Pizza! Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <p style="text-align: right;">7</p>
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
Popcorn Chicken Bites! With Chikn-Dippin Sauce! Whole Grain Dinner Roll Oven Baked Waffle Fries Or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">10</p>	Mini Breaded Cheese Ravioli! Garlic Breadstick Fresh Made Tomato and Cucumber Salad or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <p style="text-align: right;">11</p>	<p style="text-align: center;">Professional Development Day!</p>	Chicken Egg Roll with Chicken and Vegetable Dumplings! Sweet & Sour Dipping Sauce Stir Fry Vegetables or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <p style="text-align: right;">13</p>	French Bread Pizza! Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <p style="text-align: right;">14</p>
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
St. Patrick Day Lunch! Golden Breaded Chicken Fingers with Mashed Potato & Gravy Whole Grain Dinner Roll Fresh Green Pepper Strips With Light Ranch Dip Or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <p style="text-align: right;">17</p>	Cheesy Macaroni & Cheese! Texas Toast Garlic Bread Steamed Broccoli or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">18</p>	Whole Grain Breaded Mozzarella Sticks! Marinara Sauce Tuscan Bean Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <p style="text-align: right;">19</p>	Breaded Chicken Legs! Whole Grain Dinner Roll Sweet Potato Wedges Tots or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <p style="text-align: right;">20</p>	Pizza Twisty Sticks! Pizza Sauce Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <p style="text-align: right;">21</p>
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
PizzaBoli Calzone! Mozzarella Cheese and Pizza Sauce Wrapped in a Golden Sicilian Crust Taco Fiesta Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <p style="text-align: right;">24</p>	Walking Taco! Chicken Taco Meat over Dorito Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Mexican Corn or Fresh Veggie Choice Fresh & Chilled Fruit Choices, Choice of Milk <p style="text-align: right;">25</p>	Buffalo Chicken Wings! Boom-Boom Dipping Sauce Whole Grain Dinner Roll Baked Spiral Fries with Cheese Sauce Or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <p style="text-align: right;">26</p>	General Tso's Chicken! Over Stir Fried Rice Fresh Grape Tomato or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <p style="text-align: right;">27</p>	Individual Deep Dish Cheese Pizza! Green Leaf tossed Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <p style="text-align: right;">28</p>
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
Chicken Tenders With Chikn-Dippin Sauce! Whole Grain Dinner Roll Sweet Potato Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <p style="text-align: right;">31</p>	Loaded Baked Potato! With Chicken Taco Meat, Broccoli, Cheese Sauce & Sour Cream! Whole Grain Dinner Roll Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <p style="text-align: right;">1</p>	Cheese Lasagna! Marinara Sauce Texas Toast Garlic Bread Fresh Cut Cucumber or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <p style="text-align: right;">2</p>	Pulled Pork over Nacho Chips! Lettuce, Tomato, Cheddar Cheese, and Sour Cream Texas Ranchero Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <p style="text-align: right;">3</p>	Fried Dough Pizza! Green Leaf tossed Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <p style="text-align: right;">4</p>
Daily Alternates: 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

This Organization is an Equal Opportunity Employer