

Wallingford Schools

October 2024



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
Breaded Fried Chicken! Whole Grain Dinner Roll Sweet Potato Waffle Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 30	Loaded Baked Potato! With Chicken Taco Meat, Broccoli, Cheese Sauce, Sour Cream, & Bacon Bits! Whole Grain Dinner Roll Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 1	Cheesy Mac & Cheese! Garlic Breadstick Texas Ranchero Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 2	Sausage, Egg & Cheese on a Whole Grain Bagel! Baked Tator Tots or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 3	Pizza Bites! Whole Grain Baked Pizza Dough Pockets Filled with Mozzarella Cheese and Served with Pizza Sauce Green Leaf Tossed Garden Salad Fresh or Chilled Fruit, and Choice of Milk 4
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
Steak & Cheese Grinder with Onion, Peppers, and Cheese Sauce! Baked Spiral Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 7	Chicken Nuggets! Honey Mustard Dipping Sauce Whole Grain Garlic Knot Roll Taco Fiesta Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 8	PizzaBoli Calzone! Mozzarella Cheese and Pizza Sauce Wrapped in a Golden Sicilian Crust Fresh Made Tomato and Cucumber Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 9	Whole Grain Belgian Waffle Sticks! Syrup and Chicken Sausage Patties Fresh Sliced Cucumbers or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 10	Cheese Pizza Bagels! Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 11
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
<h2>Columbus Day!</h2>	General TSO's Chicken! Stir Fried Rice Crinkle Cut Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk Fortune Cookie! 15	Baked Ziti with Meatballs! Tuscan Bean Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 16	French Toast Sticks with Syrup! Chicken Sausage Patty Fresh Grape Tomato & Basil or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 17	Fried Dough Pizza! Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 18
	Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad			
Bacon Cheeseburger on a Whole Grain Pretzel Roll! Whole Grain Breaded Onion Rings or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 21	Popcorn Chicken Bites! Sweet & Sour Dipping Sauce Texas Toast Garlic Bread Sweet Potato Waffle Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 22	Whole Grain Breaded Mozzarella Sticks! Marinara Sauce Whole Grain Dinner Roll Fiesta Bean Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 23	Half Day! Dutch Waffle! Syrup Chicken Sausage Patty Baked Tator Tots or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 24	Pizza Crunchers! Mozzarella Cheese and Pizza Sauce Nestled in a Whole Grain Breaded Coating Tossed Garden Salad Or Fresh veggie Choice Fresh or Chilled Fruit, and Choice of Milk 25
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
Emoji Waffles! Syrup, Strawberries and Whipped Cream! Chicken Sausage Links Baked Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 28	Walking Taco! Chicken Taco Meat over Dorito Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Mexican Corn or Fresh Veggie Choice Fresh & Chilled Fruit Choices, and Choice of Milk 29	Pasta and Meat Sauce! Whole Grain Penne Pasta with choice of Meat or Marinara Sauce Italian Mixed Vegetables or Fresh Veggie Choice Fresh & Chilled Fruit Choices, and Choice of Milk 30	Halloween! Zombie (Chicken) Fingers Diabolical Dinner Roll Monster Mashed Potato With Ghoul Gravy Freaky Fruit Monster Milk Creepy Cookie 31	Pizza Sticks! Bread Sticks Stuffed with Mozzarella Cheese and Topped with Pizza Sauce! Green Leaf Tossed Garden Salad or fresh Veggie Choice Fresh & Chilled Fruit Choices, and Choice of Milk 1
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!